

A detailed illustration of a red leather collar with a metal padlock and chain, set against a dark, textured background.

THE RITUAL OF DOMINANCE & SUBMISSION

A GUIDE TO HIGH PROTOCOL
DOMINANCE & SUBMISSION

By David English

The Ritual
Of
Dominance & Submission

A Guide to High Protocol
Dominance & Submission

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Dedication

To Dianna, who never failed to encourage me to take what I had to share with the world, and put it on paper. She believed in me long before I believed in myself, even in those early days when I was ready to leave this book as nothing more than an idea.

Acknowledgments

To Jory, Meisha, Kitten, and the other submissives and slaves who have honored me with their dedicated and loyal service over the years. It was through them that I gained the knowledge, experience, and inspiration to make this book possible.

And finally to my brother, Sir Gareth, who helped me take this book through the final edits and gave me the confidence to share it with you all.

Disclaimer

This book explores the sensitive and controversial subject of psychological submission and consensual slavery. All information within this book is meant for use in consensual relationship dynamics and in no way endorses or condones non-consensual servitude in any way. Neither the author, nor publishers of this book assume any responsibility for the use, misuse, or practice of the material presented in this book in any manner. It is presented as a guideline only and you as the reader take all responsibility and liability for your use, actions or interpretation of the material presented within this text. The reader bears full responsibility for their actions as a participant in an adult D/s, M/s, or BDSM relationship dynamic. All actions therein should be mutually consensual and desired by all parties involved in any act performed. Imposing any sexual, psychological act on an unwilling partner is morally wrong, and forcing any sexual act upon a non-consenting adult, (or anyone who cannot give legal consent), is a criminal offense. As state and federal laws vary, some activities listed in this book may be illegal in certain jurisdictions. There is no excuse for ignorance of the law. We live in the twenty first Century and must consider this fact when practicing any form of alternative lifestyle, regardless of a time or era we wish we lived in. Violate your local laws in regards to practicing any form of D/s, M/s or BDSM lifestyle, and you are subject to prosecution to the full extent of the law. It is not uncommon for local law enforcement to pursue prosecution even if all parties involved insist it was a consensual act. When it comes to sexual or physical submission, or any type of BDSM act, the presumed victim is often deemed unable to psychologically understand that they are being abused and charges are pressed on their behalf. Such cases often gain a lot of publicity within the press and encourage no sympathy from court, no matter how innocent or consensual your intentions or actions may have been.

Always remember that engaging in any form of an alternative lifestyle relationship, whether it's for an hour or a lifetime, carries with it a responsibility to yourself and your partner no matter if you are the dominant or submissive participant. You should always put safety first and use common sense in the activities you practice. Do not ever under estimate the psychological and emotional impact of something as intense and demanding as a High Protocol relationship.

There is no right or wrong when it comes to defining which parts of this book you use or exclude, nor is there any rule against creating your own rituals and protocols. In fact, originality and creativity are highly encouraged as long as they are integrated safely between consenting adults.

Introduction

When you think of the term Dominance and Submission, you may come up with an infinite number of variations on what that means to you, the individual. There is however one variation of Dominance and Submission, or D/S as it is commonly called, that is not a variation so much as it is the underlying core of how every D/S interaction is performed. This is the not so commonly, but often sought after world of High Protocol Dominance and Submission.

If you've found your way to this book you probably already know at least something about the world of D/S and perhaps have more than a passing interest in things like bondage & discipline or sadomasochism. That said, there are already many books on the market that go into these topics in more detail, helping even the complete novice find their way into practicing their kink safely.

What is not found in print very commonly however is the disclosure of a much more secretive world within the D/S and BDSM communities called High Protocol Dominance and Submission, also known as 'High Protocol', or more simply 'HP'. It's always been there, never really hidden from view, but has somehow over the years there has managed to remain a veil of mystery and secrets over this hidden variation of Dominance and Submission. Those you might see practicing it in your area are often very public about their lifestyle dynamics, yet offer up no clear understanding of it at the same time. It goes something like this...

A couple will enter the local dungeon or BDSM club like any other, only there is something more formal about them. It is like they walked right out of one of those Hollywood movies that portray D/S and Sadomasochism as some sort of cult underground filled with secrecy and intrigue.

I'm sure most of us have seen at least one movie or read a book that has a dominant figure that is strict and firm with the submissive character. The dominant character portrays rigid rules that cannot be broken and leaves no doubt to the casual observer that they are to be obeyed without question by any who find themselves at this person's feet. The image is typically captivating and filled with sexual tension, leaving the viewer in awe of what they see when presented as a fictional writing or put on the big screen.

This couple however is not on the big screen, instead finding a place to settle in and socialize just across the room from you. They are like any other couple who have chosen to practice an alternative lifestyle, but if you ask them what makes them different, they are likely to say that they don't practice an alternative lifestyle. Many people don't call it that, instead insisting this is simply who they are and that they as a couple, or even

individuals simply enjoy a more structured and defined social interaction within their lifestyle dynamic and the BDSM community as a whole.

Many find themselves intrigued, yet still on the outside of this lesser commonly practiced form of D/S. They may search it out only to find that there looms a more secretive world, often just beyond their reach. This usually comes in the form of secret societies, or membership-only-groups that screen their prospective members for like mindsets, and many other possible criteria before allowing them access to even social status within the group. For these groups the rules of D/S are different. The very way they practice their personal relationships can be much more intense than the average D/S relationship, typically identifying as a Master, Mistress or Slave rather than Dominants and Submissives.

For these individuals their relationship dynamics are typically classified by their titles more so than their personality type, most commonly as Master, (or Mistress) & Slave, or M/S for short. This, however does not preclude the overall D/S dynamics from being included in their relationship dynamics.

These individuals often choose to live all parts of their lives with detailed rituals and protocols to provide the structure, routines and activities that create the High Protocol relationship dynamics. This behavior is so strong in many that it defines their very personality in all aspects of their lives, simply bleeding over into their relationships and social interactions both in and out of the BDSM lifestyle.

In some communities these individuals and groups are nothing more than rumor, in others they are publicly announced within their local BDSM community and their members are easy to spot from the others at a dungeon or lifestyle gathering. Their entire interaction between themselves and others is often much more formal and structured than many you will find in such a setting.

These individuals will probably seem like anyone else in their public lives for the most part, but if you watch closer you may notice subtle signs of submissive behavior that is ever so slightly more overt and structured.

A couple may get out of their car at the grocery store like any other, then the submissive partner simply fall in step behind and to the left or right of their dominant half, quickly finding their place and following obediently in what may not be a typical posture or body language. The submissive holding an exact position in relation to the dominant, hands maybe crossed behind their back, silent unless spoken to. The dominant half never looking back or pausing as they continue about the daily routines in life like anyone else might do, yet always aware of the submissive following behind them.

In a lifestyle gathering these differences take on a different and more overt tone. The submissive may kneel at the dominant's feet when they stop or sit instead of assuming a place on the furniture beside them. The way they speak to one another may have a

much more formal tone and mannerism, or the way a submissive will follow even the simplest of routines to the letter, as their dominant prefers them done.

This often invites intrigue and respect from others as they observe the pinnacle of proper Dominant/Submissive behavior. When questioned the couple may simply state that they are High Protocol D/S or M/S. Sometimes you will hear them say they are Leather, *Gorean*, or subscribe to *Old Guard* philosophies. They may even refuse to claim any specific title for their behavior simply stating that this is how they express their relationship dynamic. All of these can be considered High Protocol dynamics.

What you will not often hear them say is how they learned about High Protocol or offer to share the knowledge. The how to practice High Protocol is often the deep dark secret of many High Protocol societies.

In almost all instances you will be told you must become a member of their social group or organization to glean this knowledge from them, but despite these common practices there are some individuals who do share what they know.

Those individuals are typically the rarest among the alternative lifestyle community and unfortunately their numbers flooded with amateurs or predators who using this lesser known, lifestyle dynamic to prey upon the naïve for their own personal interests.

It is for that reason that this knowledge is not wide spread to the BDSM community as a whole. Exposure is instead typically limited to local communities with the communication channels between these individuals and groups limited as well. The end result being 101 different flavors of high protocol disciplines, none wrong, most sharing many similarities.

There are several books currently in print that delve into the structure and psychology behind HP relationship dynamics at one level or another, but easy to know how to pull the relevant details out of the variety of other topics covered in those same books. Then further defining the specific rituals and protocols that people might like in their own lives is often even more difficult. For this reason people often find themselves craving a definitive and consistent ‘rule book’ so to speak.

Those individuals seeking such a rule book tend to be drawn to dynamics like the ‘Gorean’ lifestyle which is a popularly known M/S lifestyle within the BDSM community and especially well known by those who find their first exposure to BDSM and M/S lifestyles through the Internet. There have been an abundance of websites and online role play chat rooms tailored to the Gorean philosophies of M/S.

For those that don’t care to model their lives after a science fiction book series, holding to general protocols and practices that are credited to societies like the Leather community or Old Guard are standard. We will discuss each of these in more detail and how they fit into the bigger picture as we delve deeper into the subject.

In this book we will attempt to take this common knowledge and many of the more secretive practices of these secret societies and compile them into a guideline of 'most common practices' so that finally everyone can know the secrets, rituals and protocols of a High Protocol D/S, M/S or BDSM lifestyle.

Although this book or any other like it can never claim to be the right way, versus any other practices in use, it is intended to be a guide or reference that will enable anyone from novices to the seasoned experts, to develop and practice High Protocol dynamics within their own lives or their local community.

The goal of this book is to provide everything you need to know to get started in finding the High Protocol dynamic that works best for you, whether it is to simply familiarize yourself with High Protocol dynamics or use it as a guideline to create and run your own High Protocol Group, this book should give you all you need and help you meet your goals.

Part 1
Overview of High Protocol D/S & M/S

The Origins of High Protocol: Facts from Myth

PROTOCOL ~ A code of correct conduct. The customs and regulations dealing with formality, precedence and etiquette. A general set of rules defining the proper way of interacting with other dominants and submissives within the dominant/submissive and master/slave lifestyles. A highly ritualized set of rules for the proper interaction between a dominant and submissive.

ETIQUETTE ~ Proprieties of conduct as established in any class or community or for any occasion. Conventional requirements for social behavior or good manners. The body of manners prescribed by custom, usage, or authority.

Social etiquette is based on age, gender, and social status, evolving as society changes. Protocol is very specific, often inflexible, and based on rank or status as opposed to age or gender.

Social etiquette tells you to greet a person when you meet them. Protocol tells you how to greet them.

~

Proper protocol may be for a submissive to walk three feet behind and to the left of the dominant at all times. Proper etiquette would be not to do that in the canned food aisle of your favorite grocery store while leashed!

The first question most people ask me about a High Protocol lifestyle is, “What is it?”

To understand High Protocol D/S or M/S, you must first understand the general concept of Dominant/Submissive or Master/Slave relationship dynamics. Although it is presumed you have this basic knowledge, we will cover it briefly here before going on.

A Dominant/Submissive lifestyle dynamic is one where one of the partners takes on a dominant role within the relationship and the other a submissive role. This is no different than most every relationship in one way or another, but within the Dominant/Submissive lifestyle, (or D/S), these roles are much more defined and structured, with both parties knowing and accepting the responsibilities of the role they keep within the relationship. This is referred to as power exchange relationship and is most often associated with the BDSM, or (Bondage/Discipline/ Sado/Masochism), alternative lifestyle community.

A Master/Slave lifestyle, (or Mistress/Slave, also known as M/S), is similar to the D/S lifestyle except the roles are even more structured and defined, with the power exchange taking on a much deeper level. Within the M/S lifestyle, the submission to the

dominant is complete, and often the right to make choices limited to ‘choosing’ to be an owned slave who will obey the dominant without question or ‘choosing’ to no longer be such.

For many within the BDSM community it is a lifelong decision reducing this choice even further. The slave’s choice to accept a collar, and therefore becoming a dominant’s slave, may be the last choice they will ever make for themselves. (A collar is a symbol of ownership and submission which is worn about the submissive’s neck.)

For the purposes of this book we may interchange the acronyms D/S, M/S, or Dominant/ Submissive, and Master/Slave, with D/s, M/s, or Dominant/submissive and Master/slave. There is a lot of controversy over the proper way to capitalize or ‘not’, but it is my opinion that neither are really wrong, just individual preference. Both proper grammar and traditional lifestyle references will be used in this book. Neither should take away from the intended content or topic we are focusing on.

As relationships of any kind in the twenty first century become more of a temporary state in a person’s life, this is far less often a permanent choice, and the option to no longer be a slave is exercised commonly, but the intent remains, much as it does in conventional marriages. It is also common however to find slaves who serve out their lives in loving devotion to their master or mistress quite happily.

The High Protocol D/S or M/S lifestyle is as described above with the addition of well-defined etiquette and protocols to define many aspects of both the dominant and the submissive’s life. There are many commonly practiced protocols to provide structure to the universal rules of etiquette that govern all of our lives, but the exact protocols used are typically the choice of the dominant involved in the high protocol D/S or M/S lifestyle relationship. Since every person has different likes and dislikes this usually means every High Protocol relationship dynamic is as unique as the dominant involved in it.

High Protocol groups or organizations which exist in many BDSM lifestyle communities take that one step further to define universal protocols to formalize the etiquette that all within their social structure will live by or at least practice within their social circles or formal events. It is this social structure, both on a personal and community level that we will discuss in this book.

You will always find someone who is willing to debate the facts about High Protocol lifestyle dynamics. It doesn’t matter if you are discussing the origins of your lifestyle choices or the way you practice it from day to day. This is of course human nature and we all have opinions, but when talking about High Protocol lifestyles, you add to the pot an intoxicating mix of rumor and theatrical embellishments, thanks to

numerous authors and Hollywood producers. It is dark, mysterious, sexually intriguing, feeding into many of our primal urges and deepest fantasies. For the purposes of this book let us cut the core of the subject and dissect it piece by piece to help us better understand the draw to High Protocol relationships.

If we take into consideration the different components often compiled into the routines of a high protocol relationship dynamic we start to put the pieces of the puzzle together. Starting from the basic psychological and social building blocks of any society or culture we include: Structure, Rules, and Routines (in the form of Ritual). Cumulatively these three items create the building blocks on which a system of rewards and consequences are derived.

Structure is one of the building blocks of any society and something most all of us crave in one form or another. It is used as a tool to define relationships, business, governments, social interaction, and the way we raise our children. When looking for stability in a relationship it only makes sense to find comfort in structure within that relationship dynamic.

Next we look at **routines** that make it easier for us to anticipate what is expected of us within the dynamic and often in other aspects of our lives. From the time we are small children our parents establish routines in our daily lives which give us comfort and security by allowing us to mentally anticipate and understand what is expected of us in our daily lives. This carries on into adulthood in our jobs, social lives, even the television programming we watch.

How well would any of us sleep if we never knew from day to day what time we were supposed to go to work, or what manner of dress was required to wear in the office on any given day? Again, these are things we take for granted, but never put a lot of thought into calling them what they are, routines.

Some of us like change or the thrill of the unknown, even a bit of chaos in our lives, but most of us find our comfort in having routines and structure to one degree or another. In a High Protocol lifestyle dynamic we utilize routines in the form of **rituals**, thus giving even the simplest routine some degree of formality and often make what otherwise might be thought of as boring or a burden, into an exciting activity.

Now mix in a pinch of sexual fantasy and a dash of daring kink and you have the beginnings of a relationship dynamic that provides security, comfort, adventure, and even a healthy dose of sexual excitement. In addition, if the relationship dynamic is entered into with eyes wide open, along with caution and trust, it can be as safe as it is rewarding.

From here it is not so hard to cumulate all these factors into well defined 'Rewards' for performing well and 'Consequences' for straying from the defined path.

Pretty simple so far, right? Now that we have an understanding of what it is, how it is created, and why we like it, let's take a different turn into the historical relevance of the techniques and protocols used to create this psychological fulfillment.

At the very core of the high protocol dynamic are the dominant/ submissive dynamics and the symbols used to define both lifestyle dynamics. Although there is some degree of all of these things within every relationship, symbols are typically used to define levels of commitment between individuals. The wedding ring for marriage, preceded by the engagement ring, promise rings, and so forth. The primary symbol of any D/S or High Protocol dynamic is the collar, which has always symbolized ownership, possession or property.

Historically the collar was used as a device to restrain, identify and restrict movement of slaves. Of course we still widely use this symbol in our daily lives to identify ownership of our animal pets as well. When defining a high protocol relationship, where the submissive 'belongs' to the dominant and submits to, a high protocol standard, you will not find much argument that the collar is the best physical symbol to represent that relationship dynamic.

Although the physical representation of the 'collar' can take on many appearances, what you will not find argued is the emotional security and comfort the collar gives every submissive. Most all collared submissives can attest to the feeling of their hand reaching up to touch their collar for reassurance.

Most find a traditional collar of some sort worn around the neck as acceptable. This could range from a simple piece of jewelry with a hidden meaning behind it, to a heavy steel band locked securely about the submissive's neck and leaving no question as to its meaning.

Other people may choose a more subtle or hidden representation for one of many reasons ranging from fear of public exposure, to a desire for secrets flaunted in front of the clueless. These could be a bracelet or anklet, even a ring or some sort of permanent marking upon their body such as a tattoo or brand. In the end, it really doesn't matter what is used to represent the 'collar' or the 'relationship' so long as it is something that is both desired and is equally agreed upon by all parties involved to be an appropriate representation of their relationship.

Many people like to associate the collar to a wedding ring, and in many ways it is much like that, but depending on who you talk to, it can mean far more or far less than such a

symbol. In the end, both are just that, symbols to proclaim the relationship dynamic you live, either publicly or hidden from common knowledge.

It is not uncommon to hear a slave or submissive tell their master or mistress, that *it isn't the lock on their collar that binds them to their owner; it's the lock on their heart*. This statement should not confuse the fact that many 'collared' relationships are not based on a love relationship at all. Often it is a union that is born of a mutual need for some form or level of service and understood by all parties involved that it represents commitment not love.

Other historical representations are found in forms of punishment or play and most of these are fairly easy to see in history if you try. Locking a submissive or slave on a collar and leash or chaining them to something is clearly linked back to methods of restraining slaves historically. This of course also ties to popular bondage fetishes. Flogging or whipping a submissive again links back to historical disciplinary techniques. Just as effective now as it was over the centuries, although not nearly as brutal as it once was in most cases.

Then there are those who enjoy practicing sadomasochism within a dominant/submissive dynamic. Pursuing this subject beyond defined boundaries of disciplinary techniques and practices begins to step on the plethora of books that focus on those subjects. Since that isn't our goal we will limit our discussion for the purposes of this book to the subject at hand.

Now we will tie these different components together and look once again at the whole package, how D/S and High Protocol has evolved into what it is today.

Back in the day of the Roman Empire, slaves were a common part of life. Slaves served their owners in every capacity from simple domestics or labor to being their closest companion. Although the examples can go on and on, I will use this one to most closely define the evolution of slavery to its modern day 'consensual' descendant.

Both traditional relationships as well as slavery based relationships existed throughout history. As the centuries passed, especially in the last 200 years, slavery diminished as a non-consensual institution and traditional relationships took on a much more liberal or equal nature. Although this topic could be the entire subject for a book of its own, we should take from this that as traditional dominant/submissive relationships of old took on a less popular image in today's society, modern day dominant/submissive relationship dynamics gained popularity by those not seeking to let go of those older values. Likewise, High Protocol D/S and M/S relationship dynamics have been gaining popularity by those wanting a clearly defined social structure within their

relationship dynamics and both rules and rituals to govern the way the relationship is practiced.

The how and why each individual is drawn to such old practices in such a modern world, for completely different intentions than they were originally created for is likewise the subject for many a psychology thesis, but what comes from it are quite often happy and highly desired relationship dynamics.

More and more people are drawn to these lifestyle dynamics every day, despite their individual emotional backgrounds. There are an abundance of reasons why people desire an alternative lifestyle, but probably like you they crave the rituals and structure that a High Protocol dynamic offer.

Even though not all High Protocol dynamics include a level of service to be considered slavery over submission, it does effectively demonstrate the will or desire to give over independent choices in one's life to another whom they have an established relationship with. You will find as you learn more about high protocol relationships that the highest protocol dynamics are often hand in hand with 24/7 submissive and slavery dynamics.

This does not however restrict the practice of a High Protocol lifestyle to a minimum of two or more individuals engaged in a relationship between them. There are many who practice this dynamic in their lives that identify as a High Protocol dominant, or submissive who are not in any sort of relationship with anyone. They are simply engaging in the practice of their chosen lifestyle socially with others who share their similar lifestyle dynamic choices. It is perfectly acceptable for example, for a High Protocol submissive to follow protocols and demonstrate respectful service of a non-personal nature to a High Protocol dominant while no agreements or relationship dynamic exists between them and vice versa.

This is quite common in within the High Protocol D/S and M/S social scene all over the world. It is also not uncommon to see two individuals engaged in a very high protocol dominant/submissive relationship of a completely non-sexual, service oriented nature. Sometimes these people will not even share the same sexual orientation, simply sharing a need for a high protocol service and sometimes sadomasochistic dynamics.

In this day and age, high protocol dynamics have evolved into organizations as well as private agreements between individuals. I speak only of 'consensual' dynamics of course in this book, as there are still plenty of illegal 'nonconsensual' acts of slavery throughout the world. This book in no way condones any illegal acts or practices.

There are many conflicting views on what a high protocol relationship is or how they are to be practiced. Among them are more commonly heard names such as Leather, Leather Men, Old Guard, New Guard, Gorean, Victorian, European Houses, Asian Houses and hundreds if not thousands of 'secret' Houses or organizations throughout the world that are little more than rumor and virtually unknown to the general public.

A 'House' is basically a collective group or organization who have collaborated to practice some level of protocol and defined etiquette through an agreed upon set of rules and regulations for their own members.

D/S, M/S, and BDSM, are not yet accepted in mainstream society. Subsequently, organized houses and groups tend to be very secretive to prevent unwanted attention from the press, law enforcement or political organizations that don't agree with their right to practice alternative relationship and social dynamics. The social ramifications alone of being exposed to the press could cost many of them everything in the end. Despite these risks to their reputations, people still feel they must be true to their nature and join the ever growing sub-culture of the world of dominance and submission.

The public or underground world of BDSM can be found in every major metropolis area in the United States, Canada, Europe, Australia and many other countries. The day to day practice of dominant and submissive lifestyles is even more wide spread, yet it still only encompasses about one tenth of the population in the United States who have even secretly practiced some form of D/S or BDSM in their bedrooms. The percentage of people within this sub-culture who actively practice a High Protocol variant of D/S or BDSM is but a small fraction of that number.

In recent years the desire for a High Protocol dynamic has been growing within the BDSM sub-culture itself. Where some individuals identify with sadomasochism aspects of BDSM, others Bondage and Discipline, there are those few who crave a rigidly defined structured lifestyle that may include some, none or all of the things BDSM has to offer.

This leads us to the problem faced by most entering this very old and renewed relationship dynamic. It may have been around as long as human social interactions have been around in one form or another and it still lives in our everyday lives from personal routines to military service.

The problem is not the existence of protocols, rituals and routines, but the tie to an alternative lifestyle that has driven it underground into secret societies and private organizations. The mystery and intrigue of what society doesn't understand about

BDSM is only aggravated by the even more mysterious lesser known sub-culture of consensual slavery.

Society teaches us intolerance when dealing with subjects like slavery on a grander level than the illegal slave trafficking problems within the world, the preconceptions of sadomasochistic behavior are viewed even worse. So we shouldn't be surprised when the least known variant of the D/S and BDSM sub-cultures, (High Protocol by whatever flavor practiced), is labeled 'taboo' or 'secret'.

Since these groups have been underground so long, they often become very exclusive and secretive. Choosing not to share the knowledge or rules that govern their lives with any who are not within their inner circle. Some do this because of an elitist type attitude, many more simply as a means of drawing only selective membership without judgment for not making it open to all.

Most, I feel, do this in an attempt to preserve the integrity and purity of the High Protocol lifestyle they practice. The multitudes that enter the world of BDSM daily bring many preconceptions and myths with them thanks to the Internet, and this fact has had a great influence on the BDSM community, usually not in a good way. Those preconceptions carried in from the Internet and eager yet uneducated individuals often lead to some of these secretive practices in attempts to preserve the perceived purity and integrity of High Protocol D/S or M/S.

Many more public clubs and membership only BDSM clubs have sub-groups within them to support High Protocol lifestyles, but each will have its own set of standards and rules to be followed by its members. These rules may be similar to most others in general, but almost always have some minor if not significant variations that become theirs alone. Like all special organizations, they strive to have something unique that separates them from everyone else.

What has resulted are the many and various organizations most commonly heard about that I mentioned earlier. Leather and Old Guard being favorite names people toss around a lot, yet in all my years practicing an alternative High Protocol lifestyle, I've only ever met three people who I believe were ever really were part of an actual Old Guard House. Most, even those claiming to have Old Guard training, were probably only from a Leather or local variation of High Protocol lifestyle background. Some only did a good job of reading books on the subject and listening to rumors on Internet chat rooms.

The Leather lifestyle had its roots with the Gay Leathermen after WWII and its history is long and rich with traditions that evolved over the years to other facets of the community and sexual orientations. In recent years Leather has become more of a

mindset than an actual lifestyle orientation, with its name rapidly encompassing the heterosexual and mainstream master/slave communities as well.

The all-encompassing, even spiritual nature, of Leather crosses all sexual orientations, communities, and cannot be easily dismissed as it is probably one of the most mainstream protocol rich orientations currently practiced.

One of the other more commonly practiced lifestyles practiced by name, (other than High Protocol), is the Gorean lifestyle.

Goreans are a sub-culture of the D/S and BDSM world that practice a Master/slave dynamic based on the well-known series of books by John Norman about a 'counter-earth' or the world of 'Gor', where life is brutal, men enslave women as they choose and the only truly free woman is a slave.

Why would a fantasy novel series that was never intended to inspire a sub-culture do exactly that?

It is my personal opinion that this has happened mainly because up until this point, John Norman, unwittingly through his writings, has written a definitive outline and structured guideline on how to practice a High Protocol Master/slave relationship that could be based on love or simple mutual need. He also fed a primal desire that many have identified with and taken his books to create a very real Gorean Master/slave lifestyle community.

As most of us are drawn to some degree of fantasy in our sexual preferences, the highly erotic nature of his writings have also provided well defined fantasy aspect that practitioners can use, if nothing else, a blueprint for how they express their Master/Slave dynamic.

I'm sure there are many practicing 'Goreans' who will disagree with me on this point, but it is only the opinion of the author of this book. I don't intend any slander in the above statement as there are a great many similarities between the Gorean and D/S or M/S lifestyles. It is only one expression of how people express their desire for a high protocol lifestyle. No one lifestyle choice is any more right or wrong than another.

I have also encountered many who were drawn to the world of Gor or explored it, and subsequently dismissed it for the fantasy aspect. Those people had discovered it purely through their unsuccessful desire to find a High Protocol Dominant/ submissive or Master (or Mistress)/Slave dynamic.

There are also many other variations of High Protocol dynamics originating in Europe,

Asia, and their own variations in the United States, but they only need mentioned as further evidence of the growing desire for such a lifestyle dynamic.

Over the years I have been asked about teaching and mentoring others regularly. I even more frequently get asked what it is and if anyone really does practice this lifestyle or is it just a fantasy? What remains very consistent is the numbers of those interested in dominant and submissive lifestyles also being interested in the High Protocol characteristics of that lifestyle. Often with no knowledge of what they are looking for by name.

In the end, we have evolved into our own alternative lifestyle culture all over the world and as with anything that originated long ago, it has taken on its own uniqueness over the years till what we call High Protocol Dominance and Submission, or a Master/Slave dynamic is uniquely ours.

Is High Protocol for you?

A new couple attend a formal high protocol dinner, dominants seated at a large formal table, their slaves kneeling properly at their feet waiting for their own plates to be set on the floor and permission given to eat.

They are both in perfect form and follow the house protocols to the letter. From the perspective of any other person attending this new couple seems quite experienced and the slave very well trained. Some of the guests could even be seen whispering to one another about inviting them to be a regular part of their high protocol group.

Midway through the dinner the slave reaches a hand up over his mouth, palm out flat and waits for permission to speak in perfect form. His Mistress intentionally let him wait at least two minutes while she finishes a conversation with a dominant seated next to her then leans down close and very assertively says, "Speak". The slave leans in even closer and whispers, "My knees hurt and it sucks having to eat on the floor, next time I get to be the Master!"

Now that you know why you're here, what it is, and how it became what it is today, the challenge remains to find your own place within the world of High Protocol D/s, or M/S.

If you are still struggling on whether you identify as a dominant or submissive, then there are other books and organizations in your local area that are far better suited for that sort of self-discovery. As always, things should be done in their proper order and self-discovery about your lifestyle orientation is the very first step.

Most of you have probably already come to terms with your personal nature and are now seeking a way to express it, or to find a deeper level of structure and security within the relationships you have, or desire to be in. This is, after all, what High Protocol brings to the table. It is well defined structure, plus rituals for daily and routine behavior, as well as a much needed source of emotional security by making the expectations we have for ourselves, and those we are involved with, both clear and easy to understand.

It should not be forgotten that rigid structure and protocol also help define the power exchange dynamics that are often in place and help both the dominant and submissive better fulfill their role in the power exchange dynamic.

In a sub-culture that is filled with potential mental and physical risk, plus intense sexual exploration, a greater degree of trust becomes a very necessary addition to your lifestyle choices. Although that trust is something that must be earned by each person involved, there is always some degree of protocol and ritual involved in building and reinforcing that trust building process no matter what level of power exchange you may

practice in your own life.

Never underestimate the importance or responsibility of trust when choosing to take control of another person's mind or body. Burn this into your brain if you plan to take this to the level of a High Protocol relationship dynamic. Playing the roles for a special event or an evening at the club may seem like just fun and games to some, but the emotional ramifications to your partner in a Total Power Exchange, (or TPE), dynamic may be severe if it is engaged in recklessly.

Many may suggest that the advanced level of training or education for a submissive to serve in a High Protocol TPE relationship is akin to brain washing, and in a way it is, be it voluntary as it is. The mind is a fragile thing and when taught to believe and trust in certain things, or lured into trusting certain actions, you breed predictable reactions and it doesn't take much to crush the perceived reality or destroy the trust built.

A submissive may want and desire to be 'guided' or 'brainwashed', as you choose to perceive it, into a strict ritualistic relationship dynamic, but they expect you to live it as much as they do.

Quite simply, if you plan to preach the word of 'Master' as the truth and reality of how a slave's world will turn, then you better be prepared to keep that world turning 'exactly' as you promised it would or deal with the consequences.

As the dominant, don't set yourself up to fail any more than you should be building too high of an expectation of the submissive. There are certain realities and repercussions to the world we live in, and no matter how much we may wish we lived in an age before our own, we don't! Keep it real, keep it attainable, and keep it enjoyable by all involved, but most of all, keep it SAFE, both emotionally and physically.

The best way to know the boundaries you set in place for yourself is to first define whether it is a play-time or full-time relationship dynamic you are planning to engage in.

For many, strict ritual and protocol are only for sexual fantasies within the bedroom or social time at their local dungeon club. For others, it is not something they do for kinking thrills, but the very core of who they are. It is for those people that this book is really intended. For those individuals, the rituals and routines outlined in this book are an essential part of what gives them comfort and security within their chosen lifestyle dynamics. Others may find useful information in this book, but should keep the knowledge gained in perspective when extracting the parts to fit their needs.

The following chapters are intended to create a guideline for both the dominant and submissive to use in creating the perfect High Protocol dynamic that works for you. Remember, there are no absolutes when it comes to which protocols or rituals you use in your own life and relationships. We are all different and for each of us it is slightly different. Whether you use this information to play for an hour or a lifetime, this guide should give you what you need to get started.

As you come to better understand what a High Protocol relationship dynamic is, you may ask yourself how that varies from a regular D/S or M/S dynamic that isn't High Protocol in nature. This is a good question and should be asked! Every D/S, M/S or any other form of BDSM relationship dynamic short of Top/bottom play partners has some form of protocol level in place that defines how the relationship is to function on a day to day basis. The correct level of protocol used in the relationship is any level that the dominant chooses, 'and' is mutually agreed on by the parties involved in the D/S, M/S or power exchange dynamic, no matter what form it takes.

There is no wrong answer so long as everyone involved is happy with what you choose to use and practice within your own relationships.

Most D/S, M/S and Power Exchange relationship of any form use some or all of the protocols, etiquette, and rituals described in this book. That said, keep in mind that as we continue, it is not necessary to follow every technique or ritual recommended in this book in your own relationship at all times. When talking about High Protocol, we are talking about the highest level, or most formal level of protocol used. Since there is 'High' Protocol, there are obviously also 'low' and 'medium' Protocol levels.

Low Protocol would be a level of protocol used during the normal day to day routines, while around family or friends who are not aware of your lifestyle dynamics, or at work, for example.

Medium Protocol would be a level of protocol used during times when you are fully engaged in the specific D/S, M/S or other type of power exchange dynamic you are involved in, but not at times when you are at a formal engagement or party where High Protocol would be more suitable.

If you take the time to think about it, the reality is that it's not really possible to practice High Protocol on a 24/7 basis in the modern world. Although there may be rare exceptions, most of us have lives and responsibilities that demand some sort of relaxed standards at various times of the day or week. The day and age where the average person can practice a High Protocol lifestyle in an actual relationship dynamic on a 24/7 basis has long since passed into history.

Although this point may be redundant, keep the following in mind as you read through the rest of this book. Take from it the parts you want and ignore the parts that you don't think will fit your own lifestyle dynamic. You should also look at Protocol in general as a three tiered structure, Low, Medium, and High. Each tier containing the components you feel you can actually practice consistently, because consistency is the key to success. If you can't realistically do it as often as you are saying you want to, then back things back down to a level you can do. It takes a lot of work to put a High

Protocol relationship in place and very little effort to destroy it.

Even those who define their relationship dynamics as 'High Protocol' still practice Low and Medium protocol levels for given situations. We live in the twenty first century and as much as some would like to pretend they are a Victorian slave owner, for example, the reality is always somewhat different. At some point you have to take off your smoking jacket and put on your jersey to go to softball practice.

First things first

“What comes first, the chicken or the egg?” “Why, whichever one master desires of course!”

As with anything new, proper prioritization of implementing a new or changed lifestyle dynamic is critical to a smooth transition and its success, in the end.

Before actively participating in or transitioning to the next level of any D/S or M/S lifestyle dynamic, you should spend some time in self-discovery. I can't reiterate that point enough. If you are a dominant, you should also make this your first step before attempting to train any submissive at any level.

It is critical for a submissive to know their self and their submissive nature to serve a dominant well. It is likewise important for a dominant to know his or her own mind before attempting to guide and mold another's. In addition, the dominant needs to be mentally and emotionally in an objective place where they cannot just train, but learn the inner workings of the mind of the one they intend to train.

The self-discovery process itself can be accomplished in many ways. This is no different than any other relationship dynamic. It can be integrated into rituals learned here, or simply done by sitting down and talking. No matter what method you choose to incorporate, it is very important that you take the time to do it. After all, the better you know each other and yourself, the better equipped you are to commit to something that will demand much from you both mentally and physically.

Remember that people are not machines that can just perform as instructed without question. Unquestioning obedience comes from building a trust relationship, not from proclaiming a title and dictating rules. If you are the dominant in the dynamic, earn it! If you are the submissive, prepare yourself for it and give only what is earned or you devalue yourself and what you offer the dominant.

In my own experience, I've never met a knowledgeable and experienced dominant who committed to training a submissive or even mentoring another dominant without careful consideration and doing a bit of homework on those they are going to teach or train.

The experienced dominant, knows how much time and energy is required to teach someone properly and understands the dangers as well as the rewards of such a venture well enough to not jump in recklessly.

Once the self and mutual discovery process is in place you can move forward. Some protocols and rituals can be practiced from the very beginning while others need the self-discovery process to be more evolved and in place before delving deeper into

them. Use common sense when engaging in any form of alternative lifestyle choice or someone will get hurt either mentally or physically.

For some of you a High Protocol D/S or M/S lifestyle will be something you are experiencing for the first time, for others something you've been practicing for some time already. No matter where you fit in the spectrum of experience you will find that new, and better defined protocols and routines will bring out new or enhanced emotional responses. To what degree and what sort of a response will be as different as the person experiencing them. Even if you are the dominant in the equation, you are not immune to how protocols and rituals will affect you.

Take your time as you try out new things to process how they make you and your partner feel before going further. Checking in frequently with each other is never a bad idea.

Some of the rituals and training techniques in this book will bring out unexpected responses in the submissive. Although some may unanimously be categorized as good, some will not be so good if you don't take the time to move slowly and check in regularly with your partner. Even dominants can experience unexpected responses to these tools and techniques. In many cases even a few new rituals or protocols put in place can help you connect to a deeper level of your own dominance.

No matter what your role is in the power exchange dynamic, we are all constantly evolving and growing as individuals. The more we grow, the more we find ourselves wanting to learn and experience. Leave yourself the latitude to accommodate that growth in your relationship as you choose the exact protocol lifestyle for you.

If you find yourself in a situation where you are meeting someone for the first time and a High Protocol dynamic is expected by one or both parties upon initial contact, keep in mind that both parties may not have the same experience level in High Protocol dynamics. Even if you walk your partner through everything that is expected, it will be a new and a frequently frightening experience the first time new rituals or protocols are put in place.

It is best to thoroughly discuss everything that will be expected before you begin. Don't beat around the bush when it comes to explaining the protocols you expect followed or routines performed. This is in addition to an open and honest discussion over all your expectations of the meeting and any relationship dynamics that may potentially follow.

Communication is critical to the success of any D/S, M/S or BDSM relationship. All these dynamics are based on mutual trust, and honest communication is absolutely the best way to begin to establish that rapport with your potential partner.

Never forget that although you may be used to a High Protocol dynamic, it is one of the more intense and emotionally demanding aspects of a D/S or M/S relationship and it takes anyone without experience time to adjust to what is expected of them or to

fully grasp their responsibilities within such a dynamic.

Often, the first response to many new rituals expected of a submissive may very well be, “You want me to what?”

You should already be telling yourself to have patience. A favorite method of responding to such a statement for me is to smile, chuckle a little, and reinforce the expectation, adding, “A year from now you are going to laugh at yourself for saying that and not be able to imagine it any other way.”

This statement does a couple things. First it Reasserts yourself as the one in control and gives the submissive a sense of your confidence in what you are doing. This aids in the formation of the trust needed for what is to come. Second, it gives the submissive a sense of security in feeling that you are thinking of the future when it comes to the relationship. No one wants to feel they are going to be gotten rid of as soon as the initial thrill of the relationship is over.

This leads into our next topic, making a commitment to training the submissive as well as any obvious relationship dynamics.

Making a commitment to any training you intend to give or receive is absolutely critical if you are trying to make High Protocol a lifestyle choice. Such choices always come with a price. In most cases we hope that that price is well worth the reward, but knowing just who you are engaging in a stricter and more defined relationship dynamic with is always the first step to success.

For the dominant, you must commit to being responsible and consistent in your duties as the High Protocol Dominant. The submissive will rely on you to follow through and hold fast to the standards you put in place. It will take work, time and effort on your part and the submissive will test the boundaries you put in place frequently until they are sure you mean what you say. This is the hardest and most important part of your role in the High Protocol dynamic. Fail in this and you risk both the training as well as the relationship dynamic on a whole crumbling before your eyes. In such cases, you will have no one but yourself to blame.

For the submissive, if you have no experience with High Protocol dynamics, be prepared to test your ability to go beyond your normal way of doing things, to find a deeper level of servitude and obedience to another. You will find it often much harder than you expected it to be, but if High Protocol service is for you, far more rewarding and fulfilling than service to another has ever been before. As discussed before, you will experience many new feelings and emotions and may often doubt you can do it, but if you take it one day at a time, you will find you are capable of much more than you ever thought possible. Many submissives discover that there is no desire to ever go back to the way it was before when it comes to their submission and High Protocol service to another.

It can't be said enough, that trust is essential, when expecting a submissive to simply obey a dominant and believe a specific protocol or ritual is important. Even more so, to engrain specific rituals and etiquette that a dominant wishes the submissive to practice as routine behavior, since these often lead to new insights and emotional boundaries being crossed.

If you have found enough trust in the dominant to take you this far, letting go and trusting further is the key to ultimate success and the level of service you desire.

“Rule #1: Master may not always be right, but he is never wrong! Rule #2: See rule #1.”

The Psychology of Training & Mental Conditioning

A submissive walks into a local restaurant to meet her friend for coffee as was prearranged earlier that evening. This was a ritual they always did to be sure one or another was safe, after meeting a new dominant, or a blind date. On this occasion, she had been to see a dominant from a local High Protocol group to see about being allowed to part of the group and serve during the group's formal engagements, as a 'House Slave'.

"Well, what happened?" her friend asked very impatiently as the submissive sat down at the table. Looking around a bit shyly to ensure there were no prying ears nearby, the submissive leaned in close to answer. "It wasn't quite what I expected. When I got to his house he gave me instructions to strip, and then to stand in the middle of this room, and wait. I was a little nervous, but did as I was told" she continued.

Her friend's eyes lit up in shock as the submissive continued through every detail. "What did he make you do? Are you okay?" exclaimed her friend, who was both a little shocked and aroused at the direction the story was taking.

The submissive looked around once more and then took a deep breath and continued. "Well there I was, standing completely naked, somewhat aroused, and getting instructions by him on how to stand. Some sort of position or something, he called it. Then he stepped back, just looked at me for what seemed like an eternity, and started asking me questions!"

The submissive began to look a little uncomfortable at this point in her story. Her friend's expression now changed to a look of surprise, as she chimed in. "What? What kind of questions?"

"Yes, just questions" the submissive answered. Lots and lots of questions, about why I wanted to serve as a house slave. Then even more questions about my childhood, past relationships, and if I had father issues."

The submissive was almost rambling as she tried to recount the encounter. "So I asked him, since I was standing there naked and all if I was going to be expected to serve naked." She paused for a moment before continuing as her friend began to envision her doing just that.

Unexpectedly, the submissive's voice suddenly took on a tone of disappointment when she continued. "He said no, that I would be wearing a formal servant gown and there would be no sexual service required of me at all.

He told me that I would only be doing domestic meal service, I think he called it. Just serving food, drinks, and stuff like that."

Again she paused, this time with a look of discomfort on her face. “He said something about needing to build trust with me, and learn all my deepest, darkest, secrets, in order to properly train me to serve in this role for the group.”

She paused only a moment before adding, “It started to make me very aware of my seemingly unnecessary nudity, and uncomfortable being asked such personal questions by someone I hardly knew!”

“What did you do” asked her friend once again, now completely enthralled in the unfolding story. “I dropped to my knees and asked him if he preferred a blowjob or hand job”, the submissive added in a matter of fact tone.

“Oh my God!” exclaimed her friend who nearly spewed coffee all over the table before adding, “What did he say?”

“I start this Friday”, answered the submissive.

Now that you’ve had a humorous look at the wrong way to go about implementing High Protocol training, let’s talk more seriously about the right way.

If you are going to engage in a High Protocol dynamic with someone, and plan to implement any form of training or mental conditioning for this new relationship dynamic, you must first be able to understand it for what it is. For the purposes of this book, training and mental conditioning can be either, minimally teaching the submissive the basic concepts of High Protocol service, or a very detailed conditioning process of the submissive, for a whole new way of life.

First, you need to know which it is and focus your efforts appropriately. If you are planning to create a High Protocol group, the training and educational methods would vary greatly from the protocols and rituals used for personal service. This could range from individuals teaching their partner in personal service preferences, to common group structure and rituals.

The consensual nature of an alternative lifestyle relationship aside, it is very clearly a process of mental conditioning, and utilizing basic human psychology to achieve a desired set of results. Some people may call it brain washing, dehumanizing, or degrading, but despite any specific rules and or training that may be put in place, it is meant to be a consensual process. You can never lose sight of the fact that the end objective is an accumulation of a mutually desired set of changes in search of a common goal.

That said it would be reckless to assume for a second that anything that deals with human psychology and mental conditioning doesn’t require responsibility of your actions and motivation. You can do far more long lasting damage to a person psychologically

than you might think, if the trust and vulnerability needed to create this dynamic, is not handled with care.

What you are about to do is no less traumatic for a submissive, than boot camp is for a trainee hoping to become a marine. It might not be as physically demanding in most cases, but it will most likely be even more mentally and emotionally demanding. You are asking someone to let go of their very nature, their trust, even their deepest darkest secrets in some cases, and simply hand them over to the dominant, with absolute trust and belief that no harm will come from it.

Predators use exactly the same techniques on submissive men and women every day. They take their deepest darkest desires, and use them to take advantage, rather than to cultivate them into the submissive they trusted the predator to help them become.

It is everyone's responsibility to ensure this doesn't happen. The submissive as well as the dominant must share this burden of making the right choices in who they will trust to guide them and how it will be conducted 'before' putting themselves in a vulnerable place.

Make no mistake, the dominant is going to be breaking down the submissive to moldable clay, and reforming them into the high protocol submissive or slave that both parties wish them to become. This is an absolute, unless you are dealing with a submissive that has a very good grasp of themselves, knows what they want and has the self-discipline to make the desired changes with little or no help from the dominant. This is much like the boot camp analogy, even the best of trainees, still needs to be taught how to function in military life. Only a seasoned veteran will coast through boot camp without some immense emotional hurdles and going through serious enlightenment before the process is complete. Most of all don't lose focus on the ultimate goal, when doing any sort of mentoring, training, or conditioning. Ask yourself the basics of what you are trying to accomplish before you begin. Who, what, where, when and why are always good starts.

One of the most common mistakes when engaging in a High Protocol dynamic comes back to the 'why' question. We do it because it pleases us, and fills our wants and desires. If it pleases us, then it might just stand to reason that it makes us happy. If it makes us happy, it might just bring a smile to our faces. That might just mean that on some level, its fun! Don't be afraid to smile or laugh and have fun with your sessions as well as the dynamic that is created from this. Some of the most serious and intense dominants I know love to laugh and play with their submissive partners. That's human psychology 101, people want to be happy and have fun.

As the dominant in charge of training or mentoring a submissive, you should ensure that your 'fun' is not at the expense of the submissive's emotional well-being. Unless

humiliation and degradation are a mutually agreed on part of the relationship dynamic, don't use them as tools. There is breaking down and rebuilding someone into a beautiful work of art, and then there is demolishing them emotionally and walking away from the rubble that was their psyche, in frustration at the unsalvageable mess you created.

As I am not a school trained psychologist or therapist I, as the author of this book, am not qualified to state where the boundaries are or what specifically to say and do in every situation. I will instead, only offer suggested and commonly practiced methods that I've used personally, and have seen practiced by others, from my experience as a High Protocol dominant.

Be sure of yourself and what your own limitations are before delving blindly in another person's mind. Know what the person's history and past have hidden away that may cause problems mid-stream. These are known as emotional land-mines. The goal is to navigate carefully around them and never just go stomping through the mine field wondering when something is going to go "BOOM!"

If this is a subject you don't know enough about to comfortably practice with another person, then, 'don't do it!' Limit your execution of High Protocol training and mental conditioning to more superficial things like simple rituals and generic protocol training.

If you are setting up or defining the structure for your own High Protocol group within your community, then I would highly recommend you stay away from emotionally sensitive subject matter.

Keep your educational process limited to appropriate organizational, ritual, and protocol processes. Deep mental and emotional conditioning is not for novice dominants, public group settings, or anyone you have not invested a lot of time and energy into, on a one-on-one basis.

Broadening your horizons in a healthy way

A dominant comes home from meeting with another dominant in their local community. The dominant he met has offered to mentor him, and his submissive, who are both very new to a D/S lifestyle.

“Good news,” he says, to his very shy and conservative submissive, “Sir Steven has offered to help us explore the D/S lifestyle!” He paused for only a moment before pulling out a rubber dog toy and adding, “Saturday we are going to learn how to do puppy play at that dungeon we’ve wanted to visit. You’re okay being naked, right?”

I’m sure there are a myriad of opinions on that little scenario right now. Some may be all in, some may be rethinking their entire interest level in D/S, while others may be laughing hysterically at the mere thought. For anyone who is still unclear, that definitely another example of the ‘wrong’ way!

For anyone considering engaging in any form of dominant/submissive or M/S lifestyle, it is important to do so in a healthy and sustainable way. This can’t be emphasized enough!

Whether you are you are considering a total power exchange dynamic, moving from D/S to M/S, or integrating BDSM into your existing dynamic, you must always think before you act.

Some people come to these lifestyle choices for the wrong reasons. Some are in search of a healthy way to work through difficult emotional issues from their past, but most because of a much deeper need to find their true nature, in regards to themselves and their relationships.

I often hear from people outside a D/S or M/S lifestyle, that those within it have emotional problems, or are self-destructive, and not capable of knowing what is good or bad for them. Although I am reasonably sure there are people who fit one or more of these categories, they are the exception rather than the rule.

It is true that there are many who identify as submissive have experienced traumas growing up such as rape or molestation, but we can also say that there are just as many who do not practice such a lifestyle who have had similar experiences within their lives? There also are far more Alpha or dominant personalities within mainstream society than there are in alternative lifestyles. The point I am making is this. Why we reach this point in our lives, and make the choices we do, is no different than someone choosing to be a priest or a musician.

Our private life choices are our own, and no one else’s. So long as you are using them to better yourself, and abide by the law in your area, no one has the right to judge you.

Why is that relevant for the purposes of this book? It's not uncommon to find your desire for a dominant/submissive dynamic to grow into a desire to live a full blown master/slave relationship. It is also very common for people to get led down a myriad of different paths in that search for that one path they really seek.

Typically, someone seeking to step beyond book knowledge, or online experience into their local lifestyle community, has only one path that is easily found. This path will usually start with local area social gatherings in a vanilla environment, such as a restaurant or bar, also known as a 'munch'. This group dynamic is an excellent first step, and in most cases a 'safe' first step to get to know others, without putting yourself at risk physically or emotionally. However, these groups are almost always attended by individuals who are affiliated with a local dungeon or BDSM group.

The risk and confusion often comes through the assumption that one is synonymous with the other. I've encountered many people over the years who sought out a D/S or M/S lifestyle only to get urged headlong into the world of Bondage, Discipline and Sadomasochism. Quite often these two lifestyle choices can, and do, go hand in hand. As you explore the dynamic you are looking for yourself, you should remember that D/S, M/S, and High Protocol dynamics do not require an S/M component to make them work.

Another common pitfall I've seen many new couples entering the scene together make, is letting the intoxicating nature of BDSM take the lead in the dynamics they pursue. While originally coming to an alternative lifestyle to seek out a mutually desired 'change' in their own relationship, and new friends to identify with, they often get lured down the road to the deeper and often darker side of such lifestyles.

Public dungeons, sadomasochistic play, polyamory, and swinging, often take some of the leading roles in local alternative lifestyle communities.

It is important to remember that peer pressure can be a powerful incentive to pursue diversions from the core dominant/submissive dynamic, but it up to you to know what you need and make your own choices. High Protocol dynamics are no exception from this rule.

The cross between kinks can be very fulfilling for many, and disastrous for some already established relationships that are not ready to go that far beyond the scope of the original dynamic.

Choose your kinks carefully and don't be in a hurry to embrace everything until you have taken the time to learn about the one part that brought you to an alternative lifestyle in the first place.

For some, it is simply the old fashion dynamics between the sexes that is craved and missed at a very basic level. Victorian and 50's household dynamics are born from this need in many. For others, an even deeper level of control and/or submission is what

they need, leading them to D/S or even Master/Slave dynamics.

For many you will often find within the core BDSM community, it is a love of bondage, discipline, and sadomasochism that is at the core of their own alternative lifestyle choices. D/S and M/S is just the outer wrapper that is used to define them within their greater love of kink.

Some consider themselves simply tops or bottoms, while others call themselves doms, dommes, or submissives, yet perhaps only a small percentage live their lifestyle choices on a 24/7 basis. In other communities the tables are often reversed.

In each large metropolitan area that I have visited over the years, I've found that the ratio of D/S, M/S, female dominant, male dominant, and other BDSM kink majorities are almost always different. In one city almost all the attendees of a local dungeon, are there for Top/bottom play only, and then back to their normal vanilla lives. In another, most all regular members are actively practicing D/S, M/S, or HP dynamics, many on a 24/7 basis.

None are wrong, but this does mean the prevalent lifestyle choice in your area, may not be your own. Find yourself and stick with it, as you may still find others who are craving the same thing, who like you, have been given only the preferred clubs or organizations to choose from. Many communities may have as many as a dozen or more smaller groups that have spun off of their main organization for just this reason.

I once decided to found a high protocol educational group, that was tailored for 24/7 High Protocol lifestyles only, in my community. I was fearful, that the local community who was very pro-BDSM, would not take much of an interest in a group solely focused on a 24/7 HP relationships, until I got started. To my surprise, I had nearly 20 new members at the first meeting and more members at each meeting that followed. Most new members expressed that, while enjoying being part of the BDSM community, their greatest interest was in high protocol M/S relationships, and there simply wasn't anything available that was exclusively what they sought prior to that point.

Taking the step to broaden your horizon to include an alternative lifestyle, especially a High Protocol dynamic, is a big one, and one that will take you through a new and exciting journey. Take that journey safely and at a slow enough speed to find the path that is right for you.

Most local communities will welcome you in with arms wide, but they will just as quickly urge you into their own preferred practices of alternative lifestyles. Shape your lifestyle choice for you, not those around you. You might be surprised how welcoming they will remain, even though your own choices are not completely aligned with theirs.

Part 2

High Protocol Training

Starting at the Beginning

Whether you are an individual, who is exploring your understanding of High Protocol dynamics for the first time, expanding an existing knowledge of the subject, or someone with years of experience founding your own High Protocol Group, don't hesitate to take your time and go back to the beginning when entering the world of High Protocol.

Very few will dive right in and know what to do or when to do it. Most will even require some general understanding of what High Protocol is exactly before they are ready to put words into practice. As with anything in life, patience is the key to success. Growing a High Protocol relationship or group will require a lot of patience and wisdom if it is to be done successfully.

Follow the sequence laid out in this book for a good first time understanding of the subject matter. If you need to refer back to the first few chapters of the book while delving into the more hands on subjects in subsequent chapters, you might find a good mixture of physical and mental imagery. This will better help you create the right mindset to understand and absorb the intent of the information provided in this book.

When teaching or training anyone on any subject matter, you always should provide essential information repetitively, (at least three times, for maximum retention of the material provided.) In the case of teaching one or more people how to lead or serve in a High Protocol dynamic, the more redundancy the better. You are dealing with a subject matter that has a huge psychological and emotional impact on both the dominant and submissive. Assuming you can use this information to train another individual, as if you were teaching them to bake a cake, or ride a bicycle, is a bad assumption that will lead to poor results. There is simply more to it than that.

Care must be taken with an understanding of the sensitive nature of the subject matter and awareness of any potential problem areas, (or landmines as they are often called), in the person's background that could have a negative result on the desired teaching goals.

Again, start at the beginning and allow the individual(s) learning, (whether it's yourself or another), to take the time for self-awareness and their personal motivation to learning a High Protocol lifestyle dynamic, before diving head long into practical application.

If you rush the process, you are almost guaranteed to encounter one sort of landmine or another along the way. You also risk completely missing the mental state of mind you should be trying to reach in the teaching process.

If you are a dominant, DO NOT presume you can take the gist of the material provided and dive right in, unless you have prior knowledge of this subject. It is knowledge

and experience that give us wisdom on any subject.

If you don't have a good working knowledge of High Protocol dynamics, experience teaching, training, or working with the more personal nature of a person's psyche, then don't presume to be the wise old Sage. Know yourself and your own limitations before presuming to know another person's.

If you are the submissive in this equation, the same principal applies as it does for dominants. Know yourself, and your own limitations, as well as who it is you are going to trust your mental and emotional health with, before you put yourself under their tutelage.

As much as you may have a deep desire to just let go and turn yourself over to another's guiding hand, you still bear the ultimate responsibility for who you turn yourself over to. Make a poor choice and you might give yourself to an inexperienced dominant, or worse, a predator. Do that and you will have no one to blame but yourself, for creating a vulnerable situation and putting yourself in unsafe hands.

Remember, the submissive holds the ultimate power in this dynamic, and if they give over control to someone who isn't fit to wield it, they can expect to lose a healthy balance of power in the relationship dynamic as well.

This is the most common pitfall submissives encounter, and the leading reason they wind up emotionally and physically hurt, rather than finding the relationship of their dreams and fantasies.

Dominants take heed of these words as well, because reckless use of this information will usually end in disastrous results, which can seriously affect another person's life, both physically and/or emotionally.

Establishing Psychological Control

“I have a reputation of being a brat, Sir.” Her big twenty two year old blue eyes looked up at him sheepishly between locks of blonde hair. She was beautiful by anyone’s measure, as she knelt in the kneeling presentation position, just as he had taught her.

She wore a red and white plaid mini-skirt and a white button up school girl shirt, buttoned only enough to barely contain her ample firm breasts, which were easily seen spilling out of her slightly undersized bra, for effect. This was her favorite outfit when trying to win over a dominant’s attention and it was proving very effective by the look in his eyes as he stole long slow lingering glances of her supple curves.

Her bangs began to slip slightly from her fingers, falling onto her face and giving her that innocent little girl look that melted every male heart she ever chose to manipulate.

He was a tall and strong man, although a little over weight as most men get in their late forties. If he wasn’t so confident in his skills as a dominant, he’d have certainly wondered how he could be so lucky as to get a girl like her at his age.

He stepped around her in a confident and controlling fashion, circling in slow deliberate steps. His voice was as confident as his steps when he let loose a little intentional chuckle. “I think I can break you of those bad habits, girl,” he said without pause. His eyes, however, were torn between her eyes and breasts that seemed to line up in his vision like a dream.

He was a dominant with years of experience, he reminded himself, then broke from his gaze to try and remember what it was he was about to say.

She was younger than most submissives he’d had a chance to dominate, but this was his secret fantasy, to be able to strut through the local club with a piece of eye candy like this girl at his side.

His reputation as a strict dominant was well established. Well enough to get him an invitation to the next local high protocol dinner event, this pretty little sub he was already laying claim to had sealed that invitation, regardless of the lack of collar around her neck.

As his thoughts wandered there was an abnormally long pause between his words and the girl began to squirm a bit and let her gaze start to follow his movements.

Seeing her moments unchecked, she piped in, “I’ve also been told by many that I’m not trainable,” her eyes at that moment locking on his for any signs of weakness. Again he responded with almost a note of arrogance, “I’m not worried about what people say. I have yet to meet the submissive I can’t train or control.” His look hardened just briefly, and then lingered back to her distracting attributes.

In that moment, she began to wonder if he in fact could control her wild side. Would this be the dominant she's been looking for, the one that filled her fantasies, or just another Dom she could have some kinky fun with? A shiver ran through her body that ignited her desire just a little, while she considered the possibilities of both scenarios.

She must know if he was the one, she thought. Patience after all was not one of her youthful virtues. Her gaze moved downward quickly to the riding crop that he held in his right hand as he guided the leather tip of it across her side, watching it till it disappeared behind her back and trailed down to her round ass. A sharp sting immediately followed the "WACK" as the crop cut through the air suddenly meeting her left ass cheek and drawing her gaze immediately back to the front.

She cried out with a squeal, then squirmed just a bit as the realization of his swat filled her mind and the excitement of her hopes and fears combined to moisten her thighs just a bit.

It was a double edged sword for this lovely young girl. She desperately craved knowing she could not control this man, yet wanted desperately to do exactly that all at the same time, in an attempt to get what she wanted from him.

It was the age old battle between what she wanted, versus what she needed. However, she would not go down without a fight. Getting what she needed meant nothing, if she didn't know without the slightest doubt she could not control him with her girlish lures.

This man seemed immune to them though, so the game was on. Either way she got what she wanted and could rationalize that is was also what she needed, till she grew bored of him anyway. As desperately as she wanted, and needed, to lose her will to his, she hated to lose!

His mind swam with his own desires that grew steadily as he saw a mutual desire forming between them. Feeling more confident, he leaned down close to her ear from behind her and spoke in an almost whispered tone. "You will accompany me to a high protocol dinner engagement this Saturday evening." Then he paused for effect and leaned to the other ear as she listened intently. "You will be leashed and will wear only a collar about your neck. I want everyone to see how beautiful my pet is."

He was fully lost in the image he was forming in his mind, as he continued to speak. Her body stiffened at his last words and began to tremble a bit in mock fear.

It wasn't that she hadn't been naked in front of others before at the club or a private party. It was the gauntlet that he'd just thrown down, the challenge demanding she surrender control of her body, displaying it for everyone's viewing pleasure.

The words left her mouth before she even finished the thought. This was one of her bad habits that had earned her the reputation that she had as a brat. "Please Sir!" Her head whipped suddenly about to allow her look of mock desperation meet his unprepared eyes. "Please don't make me go naked, I would die of embarrassment!"

Then as quickly as she had looked up at him, she seemed to catch herself and turned her head back to the front, casting her gaze on a random spot about three feet in front of her on the floor. Frozen in place now, her head was slightly downcast, and she seemed to tremble slightly waiting in silence for his response.

He had not expected this, and if she had continued to look into his eyes, she would have seen the wheels turning, as he thought quickly. Hoping he wasn't obvious in his hesitation he finally spoke. His tone as firm and demanding as it had been before. "Perhaps I will just put you in something very sexy and a little revealing."

A spark of victory filled her downcast eyes and a small smile creased her lips ever so briefly despite her desire to hide it. "Of course Sir, as you desire", she said in an obedient tone, while her inside voice said triumphantly to herself, "Got ya!"

Who is really in control? How can you mold and guide a mind that is actually controlling you and your actions?

Establishing the right mindset is everything in a High Protocol dynamic. The mental conditioning, as well as the attitude, and structure in place in a typical High Protocol M/S dynamic, is the very thing that has drawn the those involved, into such a dynamic. Some are drawn out of desire and others out of newfound needs.

From the outside it may seem very strict, controlling or even a domineering lifestyle dynamic, but it's much more to those within the dynamic. It is very important for a

dominant who intends to be part of a High Protocol dynamic to embrace his or her dominant nature.

The dominant's own comfort level in exercising dominance, will feed the submissive nature of the submissive, and ultimately through the submissive's heightened submission, encourage the dominant's natural ability to dominate. Thus, as the cup empties, it refills itself. Tip this balance too far, and one cup gets too full, while the other finally empties.

Make no mistake about it, as the dominant you must always demonstrate that you are indeed the leader. You must show you can both dominate and control the situation, as well as the submissive. All while demonstrating experience, knowledge, wisdom, and patience with the submissive.

If you do not appear to be in control of every aspect of yourself, the submissive, and the situation, you will not earn the submissive's respect. Without that, a High Protocol dynamic becomes nothing more than role play. If you can, you will find a relationship dynamic that is far more psychologically and emotionally fulfilling than anything you have likely experienced before.

In simple terms, whether teaching someone from the beginning, or practicing a day to day routine in an established relationship, you need to establish in the submissive's mind, a mixture of fear and blind obedience. Fear of the drill sergeant, blind faith in the clergy, as well as a desire to be found pleasing and desirable to the dominant. It is not uncommon to find yourself seen as all of these things to the submissive.

You should be the center of that submissive's universe during periods of training. In such a dynamic, there is such thing as a healthy level of fear, mixed with many other emotions that drive the submissive to want and try their best to be obedient even when they don't understand their own feelings on what is being asked of them.

The process of training a submissive is very much like that of the new recruit and the drill sergeant. The dominant should have a good working knowledge of what mental and psychological goals are to be achieved.

The process of doing this will be one of breaking down and removing existing concepts and thoughts, on submission and service to a dominant. Then remolding the submissive's mind, to a new and more disciplined way of thinking.

Some may call it brain washing, but in one form or another, we all experience some degree of brain washing every day of our lives just by turning on the television. Whether you call it brain washing, or mental conditioning, the bottom line is that it is a consensual process, with a mutually desired end goal of, a clearly defined level of control, and service, to a dominant.

I've yet to meet the submissive who never needed any type of guidance, mentoring, or

training, in order to assume their place as a high protocol submissive, if they weren't experienced as one already. At the very least they needed to learn the 'new' dominant's personal preferences, over previous preferences from other dominants before them.

As with anything else, we all have to be open to learning something new, and trusting the person teaching us if we hope to learn it well.

If you begin this process with a new submissive you will very quickly find out one of three things. That the submissive is clearly not ready on a personal level to be a High Protocol, they don't desire to submit to the degree the dynamic requires, or will they will never be happy with anything less in their service to a dominant again.

Which will occur is something that is often hard to predict without a great deal of experience in teaching and mentoring new submissives. What is most important is to be able to recognize which is occurring, and to encourage the answer that shows itself, not just the one you desire.

If a High Protocol dynamic is in fact something the submissive wants and needs, then grow it further and encourage that submissive to serve to their greatest ability. If it's not the right thing for the submissive, then don't force it. A responsible dominant does what is best for the submissive, always.

If this proves to be too intense a dynamic for them, then step back and gently encourage the right level of submission, if it is in fact right for them at all. Be the wise old sage who does not push them into something that isn't what they want or need. If they have gotten this far into exploring their submission with you, they expect you to know what is best, and to make the right choices for them and yourself.

Every person responds to a different type and sort of stimuli as well. One submissive may respond easily to gentle guidance, where the next may want and need to be, in a sense, broken of their old ways with a firm hand.

Most who seek service as a submissive or slave, and especially high protocol service, truly desire all you want to teach them, but may have things in their past keeping them from making progress, or being able to trust anyone.

You can call this baggage, or being damaged goods, but the reality is that no one is without issues from their past. Some just more than others, but it should not be an automatic disqualifier. If the issues are something that the dominant feels comfortable working through, they should be merely noted, so the dominant knows how to pick the best approach, and how to weave the best path past the issues, to the core of the submissives psyche.

The goal remains the same, empower their submission to its full potential. Don't

even start a commitment to a submissive of any degree, if you don't know what you are in for, or feel able to make the journey all the way to the end goal. The risks to that's submissive's emotional stability is too great to take lightly. This is a common pitfall for even the most seasoned dominants.

This can go both ways of course. You may discover that it is you the dominant, who is not up to the High Protocol lifestyle. There is nothing wrong with either party deciding this is too intense for them. The important part is being honest enough with each other to know when to stop, as well as when to go further.

If you are the submissive and are feeling overwhelmed, you too bear the responsibility to be honest, and confess your feelings so the dominant knows what is really going on in your head.

This is the most intense form of D/S, or M/S lifestyle you can practice. Maybe not from a pain or humiliation standpoint, but from an emotional and psychological standpoint, It very intense and can leave both parties deeply hurt emotionally, and even physically, if you are reckless or fail to keep a high level of honest communication between the parties involved.

Setting up the Training Session

With any form of training, the more prepared you are before the training session begins the better the results will be. So that said, how do you setup a proper training session? You break it down into different components.

First is the training environment. This should be a well thought out to set the atmosphere and ambience in such a way to create and enhance the experience, plus make the submissive more responsive to the training to be conducted.

Privacy is the first and most important part of setting up the scene. Some may think that taking the submissive down to the local lifestyle club should be a good setting for some High Protocol M/S training. An atmosphere filled with other people like you, all enjoying the various aspects of a BDSM lifestyle. This might be great for taking a trained submissive to show off their new found training to others, but not to initiate the learning process.

This is an intimate and emotionally volatile time for the submissive. Often their greatest joy is the pride you see in them, and their greatest fear is your disappointment in their public failure. So even if you don't have fancy dungeon furniture, or tortured submissives crying out in the background, some well-placed candles and a good choice of mood music can do just as well. The important part is establishing an intimate mental connection with the submissive.

Centering the submissive's reality to your voice and touch will help them reach a mental place where they can lose themselves in your gaze alone. There rest should be simple ambience that will fade into the background as your training session begins.

Next you want to ensure you present yourself as the dominant, clearly the one in control of the training session, and the submissive. The question of who is the boss should not even enter their mind from the first moment of the training session.

To do this you must be prepared and know what it is you hope to accomplish during the session. You must know what the typical responses to your guidance will be, both good and bad and have the answers to the submissive's questions. There are some times you can say, "I don't know, but I will find out." However, there is a great deal more that you better know the answer to if you want to earn the submissive's trust. Don't be afraid to write up an outline for yourself, so you know the important points you want to achieve, and what you don't want to forget to say in the process.

Next you want to appear to be the one in charge physically. Your body language, dress, mannerisms, speech patterns, tone, and mental confidence, all play into this. There is no need to dress up in costumes, leather, or anything else extreme to accomplish this. It's how you carry yourself, not what you wear, or if you strut around

carrying a crop.

In my own training sessions in the past I've worn nothing more than T-shirt, jeans, and tennis shoes. Yet at no point in the process did the submissive ever question who was in charge, or doubt my dominance over them. Be confident and secure, always sure of what you aim to accomplish in the session. Speak clearly, succinctly, and stay focused. Most importantly, SPEAK.

A good dominant in a training session will be talking through most of the session. Silence lends to lack of confidence and uncertainty. You don't want the submissive's mind to wander, or become confused because you fell silent. They will do just that if you are not articulating what you want them focused on, or doing, at that moment. Silence should be deliberate and with an expected result, not awkward.

Lastly, you want to prepare the submissive for what is to come. Leave no detail unattended or assumed. You want to instruct the submissive down to the smallest detail on what is expected of them. You may want to tell the submissive what or how to dress when they arrive at the appointed place and time, how to address you, how to speak, or not to speak. They should have a very clear expectation of what will happen, and how they are to respond to your instructions. Likewise, they should understand the ramifications of not complying unquestioningly one hundred percent with your instructions.

Attire is a big part of establishing the mental connection. To reach into a submissive's mind, and remold it into that of a High Protocol submissive or slave, you must take them to a place mentally where they are vulnerable, exposed and unable to hide behind even their deepest darkest secrets.

This fact remains a constant, unless you are only teaching basic protocols and etiquette to a member of a High Protocol group, for general service.

There must be discomfort mentally or nothing is risked and subsequently, nothing is gained. You can start this by dictating their attire and body language. Tell them how they are permitted to speak, or not allowed to speak. Dictate whether they may stand, sit, eat, drink, or even use the rest room. Be clear on when and where any of the above items may be done, and how. Tell them what they are going to learn, and why it is important to their training. Then identify their comfort level and push them just beyond it. If a submissive is not completely comfortable with your expectations, they will learn nothing from your training session, but procedure.

One thing typically done during a training session to help put the submissive in a vulnerable state, is to keep the submissive naked throughout the training process, or in some limited state of dress, that leaves the submissive vulnerable. Having all their sexual attributes and imperfections exposed for you to view, or inspect as you desire, can have a powerful effect on the submissive. This process limits their right to privacy

and helps create a mindset of being a possession with no rights of their own.

This is in fact a greatly desired state of being for many submissives, often enabling them to perform, and obey instructions they may otherwise struggle to do.

Another method is verbally engaging the submissive and soliciting desired responses. For example, the submissive may be displayed naked before you, and give the pretense of being ashamed or uncomfortable doing so. Yet, despite this, you as the experienced dominant can see that the submissive is sexually excited by this act. You may want to play a game of questions and answers with the submissive while making it obvious you're taking pleasure in their nakedness.

Perhaps state that you know they really enjoy what they are doing. Push them to confess their feelings, until they finally surrender to your will, admitting their sexual excitement in what you are making them do. Don't let them simply agree, rather openly and clearly, if not repeatedly state such.

"Yes Sir (or Ma'am), it excites me sexually to stand here naked for your inspection." Break down the walls that separate all of us from the outside world and allow us that secret place that no one can see inside of.

Expose them, and teach them to take pleasure in surrendering even their deepest emotions to you, as you desire. You will find that most submissives, when being completely honest, will admit how freeing and empowering such revelations can be for them.

This is not a purely sexual exercise however. Let's say for instance, the submissive is overweight or has been badly scarred by an accident, and are very self-conscious about their body. Exposing them to your inspection can be a deeply emotional experience for them. The submissive might expect rejection, with all their flaws or imperfections exposed, feeling a deep fear that no one will want them flawed.

Being inspected that way and still being accepted by the dominant, shows them you will look beyond the clothes and makeup to the person underneath. That you accept and claim them as they are, both mind and body exposed, and on display. Showing them this acceptance, when they know you only have to say, "get dressed and leave", and you are done with them, says far more than any compliment ever could. What more can any submissive want to boost their self-esteem?

No matter what method you choose for the session you intend to engage in, it is the mental state of being that you need to establish. How you establish that is ultimately up to you.

Building a Training Program

A well-structured and implemented training program will go a long way towards instilling the needed routines, rituals, and habits, in both the dominant and submissive. As with anything, over time consistency can become the greatest challenge. Instilling habitual behavior from the very beginning is important to keeping the long term focus where it should be, but is never enough by itself.

Never start something you can't follow through on. The erotic and mental stimulus of a ritual or training guideline may be a lot of fun at first, but if you don't think it's a ritual you can keep in place for the long run, then it's probably best not to implement it at all, unless designated as one that will only be used under specific circumstances.

When choosing which rules, rituals and routines you will implement, consider first what your end goal is. Consider every situation your submissive will find themselves in and then choose the best protocols to fit the dynamic. Daily routines, public and private settings, as well as formal High Protocol events, are just a few of the circumstances you should consider when deciding how best to train a submissive to behave in each setting.

Many submissives will argue that they don't need to be 'trained', or that training equates to 'changing' them and they like who they are. Although these are a good argument, that's not what High Protocol submissive training is about, in most cases.

You can't change a leopard's spots, nor can you make a horse drink when you lead it to water. They have to want to do either, and the first requires a lot of hard work, even if it is a desired change. Set realistic goals for the submissive, and for yourself.

There are those submissives who have little or no experience in the D/S lifestyle, let alone a High Protocol lifestyle, who are both eager and would benefit greatly from High Protocol training. Even those who have years of experience and knowledge can still benefit from High Protocol training, if they don't have experience practicing High Protocol dynamics.

Think of it this way, the training programs here can include general mindset and behavioral training. It can also be limited to teaching the specific rituals and routines that need to be practiced for a specific one-on-one High Protocol relationship, or a local High Protocol group the submissive may belong to.

Training doesn't even have to be a formal training program, but rather an 'On the Job' sort of training style, where they are informed and taught new rituals and routines as part of their daily routines. In the last situation, even the most experienced submissives could benefit from some sort of training program.

Don't rule out a dominant training program either. No one walks in the door, dominants included, with magic knowledge of all things, and a dominant that is new to High Protocol will definitely need to learn how to practice his or her end of it as well.

One commonly practiced method for teaching others that I used in the military is called: 'See it, Do it, Teach it.' The thing that can best be taken from this method of teaching is the expectation of having to teach what you are learning within a short period of time. The individual tends to focus better, and retain the information at a higher percentage rate, than someone who has no such expectation. The final phase of 'Teach it', not only tests their knowledge, but more deeply ingrains the subject matter they now know well enough to teach to others.

The point here is that if a dominant is going to teach specific behaviors or rituals to a submissive, and expect them done right, they better be sure they first know the subject matter, equal to or better than, the submissive expected to perform it.

Some dominants will prefer to not have to deal with the aspect of training, instead preferring only submissives that are already knowledgeable in High Protocol behavior and rituals. Neither of these is wrong since every relationship dynamic is unique into itself. However if you are not one of these, or the submissive involved does not know ahead of time how to perform up to expectations, then perhaps establishing a training program is a good choice after all.

You should also consider what sort of service the submissive will be performing when choosing a training program. For instance, training a submissive to serve a specific dominant on a part-time basis is very different than training that same submissive to serve that dominant on a 24/7 basis. Likewise, training a submissive to serve as a house slave in a high protocol group is usually very different than training that same submissive service of a personal nature.

The following are different training outlines to address personal and public service, as well as suggestions on how to implement your own mentoring programs, and group level rituals. The following lists may be quite extensive, but again it is important to remember that you can add and take from anything presented in this book, as it best fits your own needs.

Structure Training for Success

Regardless of the specific training program you intend to implement, there are basic structured building blocks that every successful program is built by. These rules aren't limited to High Protocol lifestyle training, applying to any type of training, in all aspects of our life, and educational process.

For instance, to successfully train both individuals and groups in any task or routine, you must first know what goals you wish to achieve in the process.

Consider the following steps when building your own program as a core outline, but always feel free to add or delete items as it best fits your own program and training style.

Start with an introduction to the training program, and what both instructor's and the student's expectations are for the training provided. Always hit the basics: Who, What, Where, When, and Why.

Review the starting point of both the students and the training. Learning what experience, background, prior subject matter knowledge, and overall expectations the student has. You will also want to share the instructor's experience and background. This is a good solid way to build mutually rewarding and successful program.

Avoid 'landmines', in the actual execution of your training by starting your first session with a more detailed background of your student. They are not always forthcoming in all the details that could create potential problems in their training, so begin by testing the student's emotional state, overall ability to engage, and complete the training offered.

These sessions are often best accomplished one-on-one. A submissive has to express a great deal of trust and expose some often very personal things about themselves to successfully undergo training of this nature. More often than not, they are not going to want to expose those private things about themselves in a group setting. **DO NOT BE AFRAID TO SAY NO!**

If you think a submissive is not emotionally or physically ready to undergo what you plan to put them through, then stop, explain your feelings on their readiness, and decline to train them further until they are ready. Your goal is always to help and grow their mind to new and exciting aspects of High Protocol D/S, not cause them emotional or physical harm in the process.

Establish obtainable and realistic goals for each training session and follow the stated progression path towards their final goals. Always start slow and work up to the final objectives, matching mental progression along with technical and physical

knowledge of a task.

Even if the student wants to go faster or deeper into the subject you are teaching, remain in charge, and don't let the student control the flow of the program. You as the instructor/trainer are supposed to be the knowledgeable one, and as such, should know the best rate at which the student should progress. It is not uncommon at all, for a student of any subject, to want it all right up front, fully unaware of the best rate to learn and retain the subject they are so eager to learn. Even if the skill taught is already known, review never hurt anyone, and a good knowledge of a basic skill may come in very handy when more advanced skills are being presented later in your training program.

As High Protocol D/S involves a great deal of reading into a dominant's expectations and anticipating commands, unexpected training sessions are a great way to teach them to be ready for the unexpected.

Create a few unannounced training sessions into your program syllabus to enhance the mental and emotional state of the students you are teaching.

Conduct regular review sessions with them to help their understanding of the purpose of their training.

Understanding is the greatest tool to motivate learning. They are there because they have personal goals and the reasons why will almost always support their goals for being in your training program.

Set obtainable milestones for the submissive, and rewards for achieving them. Any training program can seem daunting when you look at the entire package.

If the training is broken down into smaller goals that combine to reach overall goal, the mind can much easier adapt and engage, without fear and self-doubt clouding the submissive's progress.

Create a 'graduation' threshold that the submissive can strive for and see as a clear goal for success. Everyone needs to see the light at the end of the tunnel, and if that threshold shifts and moves or isn't clearly defined, it can seem like progress isn't being made, or completion of the training is just too hard or far away to succeed. The biggest roadblock to success is our own mind.

We can always do more than we think we can, but that certainly won't stop us from quitting or giving up if we think the objective is too hard or unobtainable.

Lastly establish regular routines and any ongoing training from the completion of the initial training program.

Always set realistic expectations for what comes next and stick to what you say. Anyone who has any amount of experience in any field or expertise will probably tell you that you never stop learning. High Protocol D/S dynamics are no different.

Where and how far you take your training program is up to you. Do not however forget that this is voluntary servitude the submissive has signed on for, and it should not be so oppressive that this fact becomes lost, or the training program becomes in some or many ways, abusive on a physical or psychological level.

The initial phases of a training program is where you will most likely discover those few who genuinely desire the ritual and formality of this seldom understood lifestyle dynamic, and those who will decide the fantasy was nice, but the reality is too much for them.

Being told to sleep in a cage every night might inspire one submissive to embrace a life of happy servitude, yet permanently emotionally harm another. Know the difference and what is in the best interest of the submissive you are training. Never forget that the submissive has the right to walk away and call it quits at any time they want. A good safe word to that effect is a very, very good idea!

Involuntary servitude is illegal in most countries around the world and does carry heavy prison terms for those caught trying to enforce it upon another person, regardless of how the period of servitude came into being.

Types of Training Programs

There are many different types of training models and audiences of students. This list is only an example of some of the educational and training programs created by High Protocol groups around the country.

Dominant Training:

For some reason beyond most of our understanding, the general mindset about dominants is that they know it all. They have vast amounts of experience, (typically 10 to 20 years if you ask on the Internet), and are experts at all aspects of practicing a D/s, M/s or High Protocol lifestyle dynamic. Wrong! Dominants are people too and have to learn from the ground up like the rest of you. Just because they may have a naturally dominant personality does not make them a professional Dom. This said, there is often no place or group that they can go to and get taught how to be a good dominant, let alone learn the ins and outs of High Protocol D/s.

Most High Protocol groups are either little known secrets in their communities, or quite often selective and restricting membership to couples who practice High Protocol D/s or M/s. This isn't always the case, but more often than not. This in itself makes the prospect of learning quite difficult unless you are lucky enough to have a seasoned and knowledgeable High Protocol dominant take you under their wing, having seen some sort of potential in you as a newer dominant. Sometimes, without you, the prospective pupil even knowing that you are being groomed for such.

If that hasn't put you in the small minority of dominants to be lucky enough to get this training, then take into consideration how many of those dominants will refuse to admit they need help or someone to teach them. Dominants are terribly good at being too good for help, or admitting perceived weakness by not knowing everything. When all is said and done, you can take most of them out for a holiday dinner with the family, but they won't know how to cut the turkey, so to speak.

This isn't unlike the general problem with High Protocol D/S education in general, since the demand for those entering and expanding their knowledge of this lifestyle, grows far beyond those able or willing to teach it. The answer is quite simply a push for more education in your local BDSM communities where there is an interest in High Protocol, and an effort to unseat the mystique and secrecy of High Protocol lifestyle practices.

If you have a High Protocol group, then add a dominant training program to your list of educational offerings for both your members and prospective members. You never can tell how many good prospective dominants are out there just waiting for an opportunity to learn what you know.

Dungeon Monitor/House Master Training:

These programs are usually restricted to internal efforts, by established High Protocol groups, in an effort to create a formal role of 'Host' for their High Protocol events. If you are establishing such a group and creating this position, the focus should be on teaching this person to be the 'go to' person for all problems and questions related to the events, as well as the practicing 'MC or Host' of the event. Not all groups have this role in place, and it isn't always necessary, but for very formal events, most groups tend to have one in title or on an informal basis.

Mentoring Programs:

Many groups tend to restrict this to dominant mentoring programs to help guide new dominants along within their organization to make them better, or more educated dominants. This is done by assigning a more seasoned or knowledgeable dominant as their mentor and fostering a close mentoring relationship. This is great, but some communities have gone one step further and done the same thing for submissives. When putting a submissive mentoring program together, some of the key things to remember when doing this are to have submissives mentor submissives, and let the dominants mentor dominants. A regularly scheduled submissives group session is also a commonly practiced event. The point is to make the submissives comfortable and not feel threatened. You want a safe environment for every submissive to learn in.

Domestic service Training:

These training programs are once again most commonly taught within an established High Protocol group to teach submissives the finer points of domestic service, and to solicit domestic and service help for their High Protocol events. This is something that every High Protocol submissive, as well as non-HP submissives could stand to benefit from knowing. It falls in the category of one of those classes that a High Protocol group could open to the general BDSM community in their area. Spreading the knowledge is never a bad thing.

The exact techniques and training objectives can vary greatly, and not something that can be covered in this book.

The best rule of thumb is to use logic and establish a commonly acceptable method for conducting specific domestic tasks, and then teach them in a consistent and achievable manner.

House Service for Protocol Events:

This is quite often very similar to domestic service training, however since this type of training is for actual High Protocol events, the trainers often give the training with very exact methodology for how service is to be conducted during their events. Again,

decide on the rules and methodology for your High Protocol group and always teach those standards consistently to all who will serve at your events. It usually isn't too hard to find both single and collared submissives that enjoy serving at these kinds of events. One method to encourage participation is to create themed events that will encompass the service staff. For instance, you could create a Roman party theme, or a Masked Ball, even the traditional Story of O theme. Use your imagination and find unique activities that involve the service staff to encourage submissives to want to get involved.

House slave Training:

This is a very tricky position to create for your House or High Protocol group. There is a wide variety of perceptions as to what this position is and how you train someone to fill it. Typically it is simply a role for uncollared submissives who wish to be part of a High Protocol group while remaining under the protection and safety of the group itself.

They gain the benefit of learning more than the average uncollared submissive because of their volunteer service to the group. The tradeoff is typically that they get all the training offered to the submissives of the group in exchange for attendance and service at group events.

A house slave is not typically charged for attendance to these events because of their service at the event itself and they are not typically paid for their service because of the common misconception by local law enforcement, who would love to call the use of house slaves, 'prostitution'.

The exact level of 'service' to the group is something that is left up to each group to decide what best fits their needs and interests. It is less common than not that a house slave has any form of sexual service to group members.

It usually serves as a good setting for submissives to search for the dominant of their dreams. What better location to groom potential dominants than a group of well trained and experienced High Protocol dominants. Who coincidentally will be looking first within their High Protocol group for House submissives, or slaves as they are usually referred as, for a prospective submissive or slave.

If you think it through logically, respect is always the key. Everything we have talked about regarding House Slaves has been focused on a safe and respectful environment to learn or find a prospective partner.

Making them sex objects kind of defeats that purpose and rarely turns out to be what you thought it would. The reality is always far less erotic than the fantasy the movies and books would have you think.

If you setup a training program for house slaves within your group, remember that the goal is to protect and educate those submissives, not use and abuse them. Create a

training and group structure that will make them feel safe, encouraging them to find their rewards for all their hard work as well as what they seek from their service within their own community and High Protocol group.

Part-Time Service Training:

There are many different restrictions for people when trying to practice a High Protocol lifestyle dynamic. Very often the dominant, the submissive or both, are not able to engage in the dynamic on a 24/7 basis. This may be because of family restrictions, distance between them, work, or the mere fact that the submissive only serves at a High Protocol group once or twice a month.

For part-time training, it is important to limit the types of protocols and rituals enforced to ones that can be consistently completed based on the time spent together. It would also be prudent to implement fewer protocols and rituals than what might be typically practiced in a 24/7 dynamic. This is of course based on a limited time availability to learn, practice, and commit to memory all that a 24/7 dynamic would allow. Naturally there are many rituals and routines that cannot be carried out with the same consistency that you can in a full time dynamic.

Personal Service Training Programs:

Since this is one of the most commonly implemented training programs, both on a personal basis and by High Protocol groups, we are going to hit some of the finer points of this sort of training.

Before initiating this training program you should take ample time to review the expectation of service. Also review what will occur during the training program and the expected length of subsequent service requirements once training is completed. This is very important in a personal service training program since the nature of this service can be very intimate. Naturally, emotional and sexual boundaries are very likely to be encroached upon, if not pushed to new limits.

It is also common that any defined and documented rules, or contractual agreements, should be reviewed and agreed upon prior to initiating training. Often when it comes to personal service it is also a good idea to define whether the training is to commence before, after, or if an offer of a formal collar is intended to be given to the submissive. With training of this intimate nature, it is not wise to leave anything to interpretation, or be shy about stating true feelings, and expectations of one another.

Unlike vanilla relationships where you date, get engaged, get married, and maybe even have kids before you eventually, (sometimes years later), muster up the courage to confess your true sexual fantasies and desires. A BDSM relationship of any sort, demands full and truthful expression of all desires, interest, fantasies, and emotional needs before a collar ever goes on, or in many cases before training begins.

It is also important to remember if there is not an expectation of a personal collar upon completion of the training, that a submissive in personal service training, or even something as basic domestic service training, can lead to the submissive establishing a crush or infatuation with the dominant training them. Just like patients do with their doctors, or students do with their teachers.

If you think about it, you are training a submissive all the things they need to know in order to practice the most complicated, ritualistic, and service oriented relationship. Beyond all that it is one of the hardest types to make work, and has a very small pool of available dominants who will know what to do with such a highly trained submissive. While their minds swirl with desire for the end goal of finding their own dominant one day, a dominant who knows the inner workings of their submissive mind, who coincidentally also was able to train and control them very well, AND is exactly what they are hoping to find one day, is standing right in front of them. It is only natural to start to wonder what it would be like to serve that dominant, then in many cases, a desire to be owned by that dominant.

I don't think a single dominant whose trained submissives can honestly say that most, if not everyone they've trained needed to be reminded at some point that they were not going to wear their trainer's collar in the end. This is another case for submissive to submissive mentoring over dominant/ submissive training.

Since the submissive is entering into a period of obedience, often not affording time for questions, all the questions that can be thought of should be asked and answered to all party's satisfaction before training begins.

As training begins, the standard rules for establishing and conducting a training program listed above, should be used and tailored to fit the specific training offered.

As personal service is the most intimate level of service that can be expected of a submissive, training naturally is much more personal in nature as well. Whether the person that is to be taught is someone who will wear the trainer's collar eventually, or the submissive is being trained to be a form of house or sexual slave to serve more than one dominant, this isn't the type of training that allows room for a submissive to be shy, or reserved with their body, or personal use thereof.

****WARNING: DO NOT SKIP THIS LAST SECTION****

Remember when engaging in this sort of an intimate relationship to have prior knowledge of what the local jurisdictional laws pertaining to the practice of alternative lifestyles are in your area.

Although gays and lesbians may have made huge strides towards acceptance in the mainstream community, BDSM is not considered part of that acceptance and is not likely to anytime in the near future.

Also consider when conducting intimate training programs of any sort that may be related to a group or local organization, rather than a personal one-on-one relationship, your local law enforcement may well have an interest in the definition of what you are doing in relation to their enforceable laws on prostitution and other sexual crimes. Be safe and know the difference!

This book is for educational purposes only and in no way condones the practice of any illegal activities as defined by the laws in your state and your local law enforcement agencies.

If you cross that line and get caught, you have no one but yourself to blame and the whole BDSM community in your area is likely to take part of the fall with you. Make no mistake about it, law enforcement agencies and journalists love to make examples of BDSM practitioners to show the world how wrong and unacceptable our lifestyle choices are.

Protocol & Ritual Training:

This form of training is almost always designed to teach specific protocols and rituals, used by a High Protocol group within their meetings, parties, and social gatherings. The protocols can vary widely, and although they may have many similarities, usually are very unique to that group's interests, and style of protocol.

It is a good idea to establish these early on if forming a group in your own community, and solidify them so that they are easily taught to others within your group or community. They may be as simple as how a submissive greets a dominant, or as complex as how a collaring or membership ceremony is conducted.

1st Girl Training:

It is common practice in many groups to establish a position called 1st Girl among the submissives and slaves in the group. This position is designed primarily as the Alpha submissive for the group. The 1st Girl will deal with all matters among House submissives and all logistical issues at group meetings, or events, that don't require the intervention of a dominant or the 'House Master'.

In some groups this is setup to be a rotating position to alleviate concerns about monopolizing power among the submissives. Training for this position is often done on a more informal mentoring basis, from the departing 1st Girl to the incoming 1st Girl.

This is not a required position, simply an intermediate position that takes some of the stress and tedium of logistical and interpersonal submissive issues off the shoulders of the House Master or group dominants.

High Protocol Education/Training:

One of the primary mandates for many High Protocol groups within their local

communities is to educate the community on all things relating to High Protocol relationship dynamics.

Many who take an interest in this training wind up as part of the group giving it in the end, but for those who don't, it is still a good general educational process for others who are just curious. Those attending may want to practice HP at some point in their own lives eventually, so these classes are never a waste of time.

These classes also serve as a good recruitment platform for many High Protocol groups, flushing out the potential High Protocol people in their community that might otherwise not be noticed.

The agenda of this training is to cover the simple basics of High Protocol lifestyles and how it is practiced within their group and everyday life.

Lifestyle Discussion Groups:

These classes or discussion groups are not designed to educate in High Protocol lifestyles at all. They are designed as more of a community service for the entire BDSM community within their local area.

They focus on general BDSM lifestyle educational topics, common issues that we face in everyday life, and interacting in the local community.

Defining common ground with other groups, and working to promote unity within your community, is always a valuable part to any group's acceptance in the overall BDSM community.

Far too often, local media or law enforcement agencies make it more and more difficult to live an alternative lifestyle, without ridicule or fear of reprisal from the community at large. Bonding together gives everyone, High Protocol or not, a sense of family.

Offering classes as a community service helps any High Protocol group show they not only have knowledge to share, but are an active, friendly, and involved part of their community, beyond their private interests as a niche group.

Part 3
Rituals & Routine Protocols

Terms, Titles and Roles Commonly Used

In a High Protocol environment, titles are clearly defined to identify each person's role in a D/S or M/S dynamic. They also define the structure in place.

It may seem obvious, but as you learn more about the psychology of a High Protocol dynamic, you will see the value in titles. Just as children learn to find security in the terms 'Mom & Dad', so do submissives learn to find that same sense of security in terms like, Master or Mistress?

It simply does not reinforce a total power exchange dynamic to have to refer to the person you claim to own as, 'My girlfriend, Susan', or to say "Yes, I am your property Bob".

Conversely, it only deepens the bonds in a relationship dynamic to say, "Yes Master, I am your property, or slave." From such a statement, both dominant and submissive grow greater confidence in each person's role. The strengthened bonds between one another also build both the trust, and security, needed to make the relationship dynamic work.

There are typically two roles within the High Protocol dynamic regardless of your individual lifestyle preferences. These are the dominant, and the submissive.

The Dominant – Typically addressed as Sir, Ma'am, Master, Mistress, My Lord, or My Lady, among other things, but certainly not limited to these. It's the Dominant's choice as to how they prefer to be addressed. The first four titles are the ones most commonly used.

The submissive – There is an infinite number of various titles given to submissives by the dominant, but what is fairly standard is that it is the dominant that determines what the submissive will be addressed by.

It is not uncommon for a dominant to even opt to rename the submissive, giving them a completely new name. This is usually a nickname, but can be as drastic as requiring the submissive to legally change their name. The premise being that the submissive is the property of the dominant, if even for a short defined time period and just as you would name your child or pet, the dominant names the submissive, as he or she enters their service to that dominant fresh and new, leaving the past behind them.

Some examples of submissive titles are: sub, slave, girl, boy, little one, mine, pet, kitten, puppy, toy, and beast, (used commonly by Goreans). This list is but a small fraction of names I've seen used over the years, and does not include the unique names that may be given to a submissive in place of a legal given name. Use your imagination and have fun with it.

Titles and pet names should be something that inspires a deeper and stronger dynamic

between the dominant and submissive. 'Pet' names, as they are often called, should help the submissive embrace their position in the relationship, and serve as daily reminders of the dynamic in place.

In some cases, based on a specific training style, derogatory titles or names may be used by a dominant during a period of training. This may also happen simply because humiliation and degradation are an integrated part of that relationship dynamic. In these cases more generic names may be given, like 'slave', 'slut', 'whore', or an assigned number, or even denial of any form of name what so ever.

It should also be stated that it is proper protocol in most High Protocol groups or societies for a submissive to refer to a dominant that is not their own dominant, as 'Sir' or 'Ma'am', unless the submissive has been instructed otherwise.

Some groups may wish you to use standardized titles such as 'Master' Jim or 'Mistress' Susan, but unless instructed to use something specific, 'Sir' or 'Ma'am' typically universally accepted.

Conversely, most dominants in a High Protocol group, or within your local BDSM community, will refer to submissives by their owner's given or pet name for that submissive, or by a generic term such as 'slave', 'girl' or 'boy'. These are not meant as derogatory to the submissives. They are actually terms of respect for the submissives role in the BDSM community.

How will an unfamiliar dominant know the submissive's given name you might ask? It is also commonly accepted proper etiquette, for a dominant to not speak to a submissive they don't know until that submissive's dominant has introduced them, and given permission for the submissive to speak to the newly met dominant.

Unlike the politically correct world of the twenty first century that we live in, within the BDSM community as a whole, terms like the ones mentioned in this section are spoken with pride and respect. A High Protocol slave is proud of his or her role as such, just as a Master is proud of their place within the community, and the titles that go with those positions.

It is proper protocol to refer to a dominant as a dominant, when speaking to a third party about the dominant. Nor is it improper to refer a specific slave's Master as 'Master John' or 'Master Smith', for example.

The preference of course, is to use any titles or names the dominant chooses to be called by, that are currently known to you. The same preference goes for submissives, especially owned submissives.

If you know a submissive's owner prefers he or she be called by a pet name that has been given them, then by all means use it. It only shows respect to that dominant's choices.

For example, if a dominant woman calls her male slave 'puppy' and wants that slave to be known only by that name, then it is okay to say: "Hello puppy, how are you today?"

On a last note, it is also okay to refer to an owned submissive in the possessive sense. For example, when talking to that slave's owner, you might say: "It is good to see you and your puppy here tonight."

Submissive Positions and Protocols

Slave positions are a big part of establishing and practicing High Protocol dynamics. They give the submissive clearly defined body language and behavior to use in most any situation. They also empower the submissive to act on an established known standard, versus having to ask, or wonder what is expected of them. They also serve as a way of demonstrating to the dominant, and others, their knowledge of, and proficiency with High Protocol training. This can be, and often is, a matter of pride and honor among submissives.

The methodology behind specific slave positions serves a purpose as well. The goal behind every position is to violate the person's instinctive self-protection instincts, by exposing vulnerable regions of the body. They also emphasize feelings of helplessness, and being at the mercy of another person. This is done by constructing each position to work against the natural body adjustment and forcing the submissive to concentrate fully on their body positioning and alignment. This subsequently is intended to help increase their attention level and concentration.

For reasons I will not go into in this book I have noticed a disproportionately high number of submissives who suffer from attention deficit symptoms. Position training in these cases, can be of an even greater value.

Daily practice of submissive positions also increases the submissive's ability to properly conduct them and remain in these positions for longer periods of time. Most submissives will not be able to kneel properly for more than a few minutes at a time initially. With anything that requires unique muscle groups and pressure points on the body, practice makes perfect.

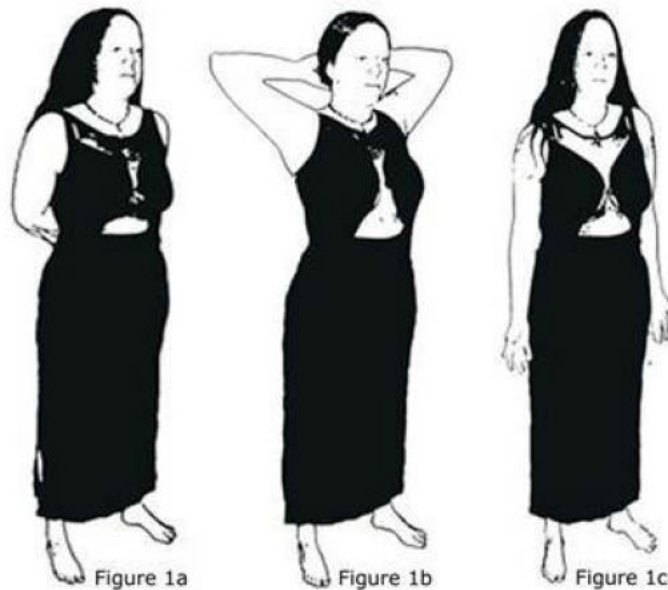
Below is a list of many commonly known and used submissive and slave positions. There are no positions unique to slave or submissives, except for ones used primarily by Gorean slaves. Even those can be used by a submissive if their dominant wishes them to.

This list is extensive, but by no means all inclusive or the only variation of these body positions. For example, gay Leathermen have a completely different list of known positions that can be found in 'The Leatherman's Protocol Handbook', written by John D. Weal. The Goreans have many similarities as well that are covered in some detail in this book, and are positions that are extrapolated from John Norman's series of books on the fictional world of Gor.

There are many books and publications that touch on this subject to one degree or another, but in the end, it is up to a specific submissive's dominant to determine exactly how that specific submissive should practice and use any given position.

There is no right and wrong when it comes to submissive positions, only the dominant's preference.

This list is broken down into definitions of each position so that you may better understand not just how to do the position properly, but when, why, and what psychological value it has in the bigger picture.



Position: Stand (Also known as Display Inspection or Attention)

Purpose/Use: To provide a structured and focused body position for the submissive to use when told to stand in a specific location, for a specified or indefinite amount of time.

Psychology: This position will demonstrate the submissives attention, focus, and level of expertise, through proper use of this position. To the submissive, this position, like all other positions, is an opportunity to demonstrate their obedience and knowledge to their dominant or any others present.

Correct performance is grounds for pride in their performance, while poor performance conversely demonstrating their lack of concentration and knowledge of even the simplest training. To others outside the relationship dynamic, these same factors on the submissive's training and performance become a representation of the submissive, and the dominant who trained them.

It is important to remember that in this position, and most of the positions listed, the legs are never closed, thus allowing free access both physically and visually to genital areas. For females, breasts are fully exposed, and never covered by the hair. This enhances the submissives vulnerability and mental mindset of being at the mercy of another person(s).

As previously stated, body positions can be done either fully clothed or naked. Training of submissive positions should preferably be practiced with the submissive naked, to enhance in the submissive's mind the full impact of the exposure, and vulnerability, that is intended with these positions. In the end, it will only increase the submissives focus, concentration, physical and emotional bonding, while building confidence and trust in the dominant.

Special note should be made to the Inspection variation and use of this inspection. The inspection process will be described later in this book, but is very valuable at instilling a distinct and deep mental state of submission, even a bonding process between dominant and submission.

Psychologically this can be the most intense position for a submissive. It is not uncommon for a submissive to be given strict instructions to not move, speak or cry out in any way while being physically inspected by the dominant.

This sounds easy enough in theory until the dominant begins to sexually stimulate the submissive or inflict some sort of pain upon them. The position can be nearly impossible to retain if the dominant should choose to stimulate the submissive to orgasm in the process. The emotional and psychological ramifications of such actions can be quite intense.

Description: The submissive stands with legs approximately shoulder width apart, legs straight, but knees not locked. Back should be straight, but female submissives should have their breasts thrust slightly outward as if proudly displayed. Head is kept straight and facing forward. Not down cast or looking around, but eyes are kept slightly downcast. If someone were to be standing in front of the submissive the eyes should be set at about shoulder level and fixed, not looking around.

For the Attention variation, the hands are behind the back clasping the opposing forearm in an interlocking position. This variation enhances the breasts being thrust forward by causing a slight bowing of the lower back. See figure 1a.

For the Display or Inspection positions, the arms would be raised and hands joined behind the back of the head with fingers interlocked. If hair is loose over the neck or shoulders it should be bunched up in the process of hand placement so that the neck is exposed and free of loose strands of hair as seen in figure 1b.

For the basic 'Stand' position, arms should be at the submissive's sides with palms facing forward and aligned along the outside of the thighs. Fingers should be extended and in a comfortable position despite the discomfort of having the palms facing forward as seen in figure 1c.

Associated Actions/Routines: Stand is typically used to simply have the submissive stand in a given location and wait for further instructions by the dominant, but the potential uses are limitless.

Display is used, (as the name states), to display the submissive for the dominant's inspection in one form or another. While the submissive may stand unnoticed by anyone in Stand or Attention, the Display and Inspection positions clearly indicate the submissive is on display for viewing or the dominant's physical inspection.

Attention is used to put the submissive in a heightened state of focus in anticipation of further commands, inspection or simply to wait in a more formal posture.

Position: Kneel

Purpose/Use: This position is one of the most commonly used positions. When talking, lecturing or teaching a submissive, the submissive can be placed in the kneeling position while being spoken to.

If a submissive is walking with, or following a dominant, it is typically expected that the submissive will automatically assume a kneeling position when the dominant stops or pauses, for more than a few seconds. It is the classic 'waiting to be of service' position, and should be used as an automatic response by the submissive when waiting to gain a dominant's attention, or simply told to wait, and not given any specific position or posture to wait in.

In the case of the Kneeling Presentation position it is used as an inspection position where the submissive is displayed for inspection, or collaring, while remaining in the kneeling position.

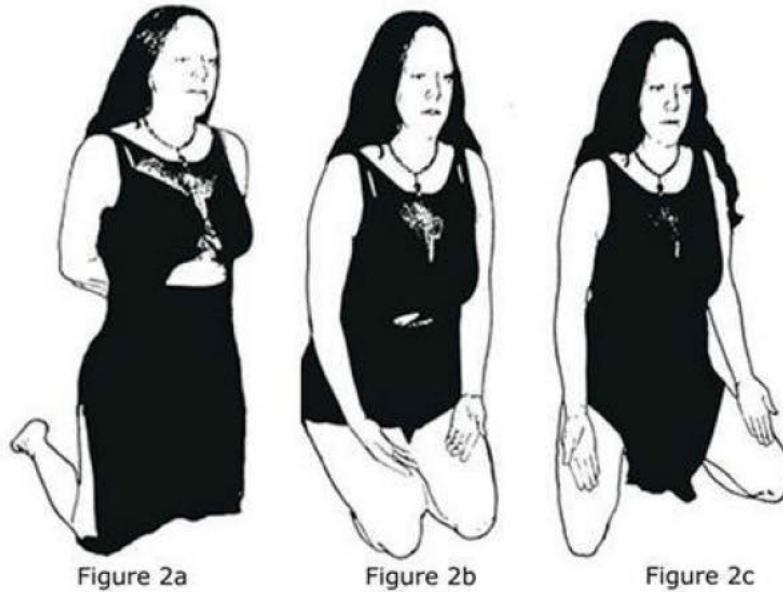
Psychology: This is a classic submissive posture signifying the submissive's submission to a dominant, and willingness to serve that dominant in some manner, or to simply show that the submissive is in attendance to the dominant. In other words, this position is used to mentally tell the dominant, the submissive is ready and waiting to serve the dominant's needs.

Psychologically it serves to put the submissive into a deepened state of submission, and empower the submissive to be able to make a choice in what they should do if they are attending a dominant, but have not been given direction.

By kneeling, this position also puts the submissive's eye level almost always lower than the dominant's eye level. This is a naturally submissive position psychologically to the dominant whether they are sitting or standing.

Nothing can be more confusing for a submissive than to find themselves attending, to and serving a dominant, only to suddenly find themselves left standing alone and without direction, while the dominant becomes busy with something else.

By kneeling the submissive can act on an assumed command, and still feel in service while simply waiting till the dominant calls on them again, rather than floundering without direction, and trying to guess what they should do next. These are the typical uses of this position, but by no means the only uses.



Description: The submissive kneels on their knees with the feet extended behind them. Toes should be extended so the tops of the feet are on the ground, while the body is kept straight and upright, NOT sitting backward on the feet. Knees should be shoulder width apart to expose the genital area, thus creating easy access for the dominant. Stomach is pulled in, breasts or chest out, and head is straight forward, while the eyes are slightly downcast. The arms are placed behind the back, and hands will grasp the opposing forearms with the upper arms snug to the submissive's sides. This causes the breasts or chest to be thrust slightly outward similar to the standing position, as seen in figure 2a.

In the Gorean slave positions, there are two variations of the kneeling position, the Tower (figure 2b), and Nadu (figure 2c), positions. Tower is very similar to the sitting position, but more formalized, while keeping the legs closed, demonstrating more modest body language. The Nadu is designed to expose and display the slave, while kneeling before a Master.

Associated Actions/Routines: When calling a submissive to a dominant to serve in some way, the kneeling position should be the 'ready' position the submissive assumes, before the dominant engages the submissive in any sort of service.

For instance, if the submissive is bringing a dominant something to drink, the submissive should assume the kneeling position when they arrive at the dominant's feet, and wait with the drink extended for the dominant to take when desired.

It is the dominant's choice if there is a verbal statement to accompany the act of kneeling or not, but in most cases it is traditional for the submissive assume this classic submissive posture when serving in the dominant's immediate presence.

This Kneeling Presentation position mentioned next can be used for collaring, or ceremonially, and for personal inspection of the submissive's body.

Position: Kneeling Presentation (or Present)

Purpose/Use: Although it is similar to the Kneeling position, the Kneeling Presentation position, (or Present), is used as a more formal kneel when the submissive is to be physically inspected, or to take restraints and/or collars on or off.

Psychology: This position, like many of the submissive positions, signifies the submissive's submission to a dominant, and displays the submissive physically for the dominant's inspection. In other words, this position is used to mentally tell the dominant, the submissive is ready and waiting to be used, inspected, put in restraints, collared, or serve the dominant's desires, as the dominant wishes.

This is a position that puts a submissive in a very vulnerable state physically, mentally, and emotionally.

When in the Kneeling Presentation, the submissive is in a form of mental bondage, typically instructed not to move or look around as they await the dominant to place them in some sort of physical restraint, or take free access to look upon, touch, tease, and torment them sexually, if not physically torture their body.

Quite often the submissive is instructed to be naked when placed in this position so the level of vulnerability is very high, both emotionally and physically.



Description: The submissive kneels on their knees with the feet extended behind them. Toes should be extended so the tops of the feet are on the ground while the body is kept straight and upright, NOT sitting backward on the feet. Knees should be shoulder width apart to expose the genital area to easy access by the dominant. Stomach is pulled in, breasts or chest out and head is straight forward while the eyes are slightly downcast. The arms are raised and hands brought to the back of the head with fingers interlocked and thumbs downward. Any hair that would cover the neck or shoulders

should be gathered up within the hands and kept at the back of the head so the neck remains fully visible and accessible. Elbows should be pulled back as far as possible, thus extending the breasts or chest forward slightly and fully exposed for inspection.

Associated Actions/Routines: Collaring, removing and placing on, restraints or other devices on or in the submissive's body.

For instance, if the dominant wanted to insert some sort of toy in or on the submissive's body in some way, this position could be used to put the submissive in a formal attentive position for such an action to be performed more easily by the dominant.

Physical inspection of the submissive's body or collaring, remain the primary uses for this position however.

Position: Sit

Purpose/Use: To allow the submissive to sit in attendance to a dominant or in some manner await a dominant, without keeping the submissive in a much less comfortable position, such as kneeling. With many of the slave positions, the uncomfortable nature of the positions when properly used, limits its usage for short periods of time. Eventually legs go numb, arms cramp, standing submissives lock their knees and pass out.

The sit position helps prevent mishaps from happening, giving the submissive a more comfortable and relaxed position to use, while still maintaining a more formal attendance.

Psychology: The submissive will often want to remain close to a dominant and in their service, even beyond the formal activities involved between dominant and submissive.

The sitting and the rest positions were created to allow this with some increased comfort. Although still somewhat formal and uncomfortable, the sitting position can be performed for much longer intervals than a kneeling position. The body positioning with the sitting position also serves to remind submissives that they are in service, thus vulnerable to the dominant's gaze, touch, and use.



Description: As a relaxed form of the kneeling position, the knees remain shoulder width apart, but instead of kneeling upright, the buttock is lowered to come to rest on the tops of the heels. The feet remain extended with the tops of the feet to the floor while the arms are lowered to the submissive's sides. The hands are placed behind the back gripping the opposite forearm in the same manner as the sanding position. This helps push the chest or breasts outward and signifies exposure, and the submissive's availability to be used by the dominant, or serve in some manner. The back remains straight, breasts or chest thrust slightly outward, head straight, and eyes slightly downcast.

It is at the dominant's discretion, but often the submissive is permitted to turn their head and look around while in the sitting position. This can be an assumed liberty, or one that is specifically given by the dominant, when the liberty is granted.

Associated Actions/Routines: Commonly used by submissives when the dominant instructs the submissive to simply remain in attendance, and at the dominant's side or feet while the dominant sits, socializes with other dominant's, or is in some other manner engaged, beyond giving direct attention to the submissive. The possible situations that this position can be used are endless.

Position: Rest

Purpose/Use: This is both a mental and physical relaxation position for the submissive which allows the submissive to remain in service, yet have the liberty of moving around and shifting their weight slightly, to prevent limbs from cramping or going numb. The submissive is permitted, (or required to remain close or in attendance), for extended periods of time, but not required to remain in a formal posture while in attendance to the dominant.

The dominant may realize that the submissive will be kneeling for some time before being allowed to get up, so the dominant would simply command the submissive to 'rest'.

Psychology: From a mental aspect, being instructed to rest gives the submissive a break from the constant mental concentration of other positions, and serves as a reward for performing their required positions and service to the dominant well.

In many ways, the command 'rest' is like being told, "well done," by the dominant. The name says it all from both a physical and mental aspect.



Description: Typically done from a kneeling or sitting position, the rest position is accomplished by sitting first on the heel of the feet (as in the sit position), then lowering the buttock to one side or the other till the submissive is sitting on the floor directly. The legs and feet are adjusted to be to the side, yet still bent, with feet kept close to the buttocks. The arms are lowered to a comfortable position at the submissive's sides or lap. However, the submissive is permitted to look around, talk, and move as necessary within the allowed constraints of the position, to be comfortable as possible.

This can include shifting from side to side to keep the legs from going numb or cramping. The back should be kept fairly straight. This is a very relaxed position which serves to give the submissive a break from formal positions, while keeping them in close attendance, as desired.

Associated Actions/Routines: This position is used anytime the submissive is allowed a break to rest, without being formally dismissed, or released from service.

Position: Collaring Position

Purpose/Use: The name says it all for this position. It is used any time a dominant wishes to place on, or remove, a collar from the submissive's neck.

Many practitioners of D/S and M/S tend to use the kneeling or the standing presentation position for placing or removing a collar from a submissive's neck. For those who practice the Gorean lifestyle, collaring has its own unique position. As everyone has their own preferences, this typically Gorean position is included for those who want to use a specialized position, unique to collaring.

Psychology: The collar is symbolic of the power exchange dynamic, and for that reason the act of placing on or removing a collar is also symbolic. If a dominant puts the proper emphasis on the importance of both the symbol and the rituals tied to collars, then the submissive will see it with equal respect and admiration.

Within the mind of most every submissive is the desire to see their dominant demonstrate the importance of the collar. This act deepens the importance, and draws

attention to the collar for what it is meant to be.

As with all rituals, repetition and attention to detail reinforce the deeper meaning behind the ritual. For this reason, rarely will you find a submissive who does not want to spend the time and extra effort to conduct this ritual properly, each and every time.

For most, cheapening the ritual reflects directly upon the perceived importance the collar holds in the dominant's mind. Who wants to feel like it doesn't mean anything to their dominant? Along those same lines, most want to feel the same importance put on the act of collaring, every time it's done, just as it was the very first time they felt its weight upon their neck. This is a natural psychological response to something so profound.

Most dominants choose this and or one of the other positions used for collaring, to be among the first the submissive will learn for those very reasons.

It is also common to find a complete lack of formality used in the act of collaring by D/S or Top/Bottom practitioners, who do not subscribe to a High Protocol lifestyle dynamic.

Description: The submissive sits upon bended knees, with knees spread approximately shoulder width apart so that no part of their body is hidden from the dominant's view. Feet should rest with soles upward behind the submissive, with their buttocks resting on their touching heels. The head is leaned forward and the submissive looks downward towards the dominant's feet with any long hair pulled cleanly to one side so the neck is bare and easily accessible. The arms are extended forward and crossed at the wrist, with fingers extended in a comfortable position. Hands should be slightly higher than the head when they perform the position properly.

This allows for placement of wrist restraints as well, should the dominant choose to do so. Ankle and waist restraints could also be applied by directing the submissive to rise up onto their knees, or to assume a kneeling, or kneeling presentation position.



An alternative method to achieve this position is to extend the hands outward from the sides in a horizontal position, palms facing up, hands cupped, while the head is held up and straight. This too, offers easy access to neck and wrists, for placement of both collar and cuffs.

Associated Actions/Routines: It is considered disrespectful to the collar itself, to simply place on, or remove the collar, as if it were a simple piece of jewelry. It is also considered taboo for a submissive to remove or place it on themselves. Naturally such a symbol requires an equally symbolic ritual to give it the respect it deserves. It is for this reason that there are designated positions used for collaring or removing a collar from a submissive's neck.

If the symbol used to represent a collar is actually some other item, or piece of jewelry, then naturally such practices will need to be modified to accommodate the alternative placement, while still giving the symbol the respect it deserves.

Associated rituals are listed separately in this book and can be found under the Rituals section.

Position: Requesting Punishment

Purpose/Use: When the submissive has committed an offense or broken one of the dominant's rules, the submissive should present themselves to the dominant as soon as possible dominant and request to be punished for their offense.

This is not limited to actual offenses, but to any act or situation where the dominant may feel like they need to ask forgiveness, assume responsibility, or in some way be accountable for some form of wrong doing. After all, there is nothing fair about the life of a submissive that lives their life under the rules and discretion of the dominant.

Use of this position does not guarantee punishment, but does signify the acknowledgment, or awareness that punishment may be required of them.

Many dominants may opt to use this position as a part of preparation for actual punishment to come. For instance, a dominant confronts their submissive and informs them of an infraction of the rules, then tells them to go to the designated location where punishment will occur, and assume the requesting punishment position while they wait for the dominants arrival. Some go so far as to tell the submissive to retrieve the instrument of the impending punishment, and place it on the floor in front of them while they wait.

To add fuel to the fire, it is quite common for the dominant to require the submissive to verbalize their request to be punished for the stated offense, before carrying out the punishment.

Psychology: This is one of the most traumatic positions for a submissive psychologically. While everything in their mind may be screaming at them to run or hide, they must face

the dominant and with their actions, offer themselves to be punished in any way the dominant deems appropriate.

Actual guilt often is not even a factor, when the mere thought of punishment being necessary, can be enough to drive the submissive to this ritual, and put the final decision on the matter in the dominant's hands. This is never an easy thing for a submissive to do since true punishment is never fun, and always dreaded by the submissive, if it is done properly.

This formal request to be punished, with no knowledge of what the outcome will be, demonstrates a huge amount of trust on the part of the submissive, as well as obedience to the rules the dominant has set forth. It should not be taken lightly by the dominant that needs to ensure patience and wisdom dictate their actions upon finding a submissive requesting punishment this way. After all, they are effectively turning themselves in and throwing themselves on the mercy of the court, who just happens to also be the judge, jury, and executioner!



Description: The submissive rests on their knees, parted shoulder width apart. Body is leaned forward till their forehead is resting on the floor. Wrists and ankles should be crossed, but the elbows are parted comfortably to support the body weight without applying too much pressure on the forehead. The submissive's buttocks should be lowered to rest somewhat on the back of the legs.

Many dominants prefer that the submissive be nude when requesting punishment, but this is a personal preference.

Associated Actions/Routines: There are two typical scenarios in which the requesting punishment position is used. The first is when a submissive knowingly has done something deserving of punishment and chooses to confess. In this scenario, the submissive requests the punishment without being told to do so.

The second scenario is when the dominant decides punishment may be necessary, and opts to make the submissive do one of the following:

Ask for it, to show they are willing to take responsibility for their actions, or...

The dominant wishes to make the submissive think about what is to come in a deserving position, or...

The dominate wishes to interrogate the submissive prior to making a final decision on

implementing punishment.

Some dominants will send the submissive to a designated location where punishment is always carried out, and tell them to place the normally used paddle or whip in front of their crossed wrists while they wait in the requesting punishment position.

Position: Punishment

Purpose/Use: Unlike the requesting punishment position, the punishment position is used for the actual implementation of physical punishment to the submissive.

It is presumed by the use of this position that the physical punishment will consist of striking the buttocks with a hand or some sort of implement. This does not mean that some dominants won't prefer to have the submissive in a different position when punishing them, only that it is used for the most common types of physical punishment such as a spanking.

This position puts the submissive's body in a stable position so that they can take blows from a hand, whip, crop, cane, paddle, or similar device without being knocked out of position from the weight of the blows.

It is also an easy transition to assume the punishment position from the requesting punishment position, requiring minimal body movement.

Psychology: From a psychological standpoint, the physical position the submissive is placed in makes them very emotionally and physically vulnerable. Their buttocks is elevated and ready to receive punishment at any moment the dominant should wish to inflict the blows, which in most cases immediately heightens the submissive's mental state with anxiety and self-reflection over what got them in this position in the first place, as well as what is soon to come.

If the dominant takes their time before inflicting the actual blows, the submissive will probably have already punished themselves far greater than any physical pain ever could. The actual spanking that follows will then typically only serve as reinforcement and a release of the offense, allowing submissive to move on from the incident, free of guilt or fear over what happened.

From a psychological standpoint, the act of physical punishment is meant to cleanse the submissive of their wrong doing and put it forever in the past. This position is designed to support that mental goal while being functional for the actual implementation of punishment.



Description: This position is similar to the requesting punishment position with some minor differences. When assuming the punishment position the submissive raises up their buttocks high into the air as the punishment position is assumed, with their thighs more vertical and their ankles uncrossed. The feet should be parted shoulder width apart, in line with their knees, and the tops of the feet against the floor in a stable manner. The wrists are also uncrossed, and the hands are extended with flat palms to the floor. The submissive's upper body weight should be resting on the arms, from the elbow to the finger tips on the floor, which should also be spread apart more in line with the body. The head should be turned to allow the left or right cheek to also rest on the floor.

This lowering of the cheek to the floor combined with the hand movements, aid in elevating the buttocks even higher, while the leg movements expose the genitals to the dominant's blows, should the dominant choose to strike more than the buttocks.

As mentioned briefly in the psychology section, the overall positioning also greatly enhances the stability of the submissive's position to prevent being jarred out of position during the actual implementation of punishment.

Associated Actions/Routines: The submissive is typically instructed to assume the punishment position by the dominant. If there is a standard location and direction the submissive has been previously told to face, they do so appropriately, if no such details are defined, they will position themselves so their head is facing in the direction of the dominant.

The dominant may opt to leave the submissive in this position for a lecture or just to reflect on what is to come before actually inflicting punishment.

When the actual blows commence it is also common for the dominant to require the submissive to respond verbally to each blow. The response may be to count the number of the blows, thank the dominant for giving the blows, or both.

In all cases, it is most common that the submissive should be in the back appropriate position and motionless before the next blow is given. What this means is that if the submissive winces or moves from the previous blow, or out of fear of an impending blow, the dominant pauses till the submissive regains their composure and reassumes the appropriate position. The dominant may also stop to wait for the submissive to give the proper response, if they fail to do so.

Another common practice is to restart the count back to zero, or to the last good count if the submissive doesn't count, loses count, does not hold position, or respond appropriately. A submissive who can't keep control of their physical and verbal responses can be in for a very long punishment session.

The release from the punishment position is usually followed by aftercare by the dominant, and reassurance that the incident is over and in the past. All of these symbolize the conclusion of punishment for the submissive.

Position: Cleansing

Purpose/Use: The Cleansing position is used by the submissive when they know, (or feel) they have committed some sort of offense, or actions that deserve formal punishment, or lastly, something they feel guilty over. It is also used as a tool to tell the dominant that a situation just mentioned exists when they don't have the courage, or words to express this information to the dominant, but need to. This inability is often due to fear or anxiety over the offense or action, and the cleansing position offers an obvious action that will alert the dominant that something has happened that requires further investigation.

This is similar to the requesting punishment position, where one consists of formally requesting punishment, and the other is simply asking to be cleansed of guilty feelings. In the second scenario, the guilt could be feeling bad for damaging their owner's car in a fender bender, for example.

Psychology: For the submissive, there is nothing more intense or emotional than punishment. This is for multiple reasons, first being a sense of failing to the point of forcing the dominant to punish them. The second, a fear of what punishment brings, both from pain and/or disappointing the dominant. There is also the fear of not being good enough for the dominant or if the dominant will even want them anymore. Lastly, there is also the occasional inner conflict that a submissive may go through over wondering if they actually deserve punishment, or if they are just being setup to take the fall for something they could not control.

Most submissives know long before ever accepting a collar that there is nothing fair about being the submissive in a power exchange dynamic. The need for punishment being purely subjective to the dominant's perspective and opinion can be very difficult for some submissives. Especially when they feel they didn't do anything wrong, but know the dominant will think they did.

There is also an oddly reassuring factor in the submissive's mind when it comes to punishment. Times of punishment are times of edification and proof that the dominant does care about doing what needs to be done. By knowing what needs to be done, I refer to doing what is best for the submissive's wellbeing, and the discipline needed to aid them in being a better submissive. It also means the dominant is

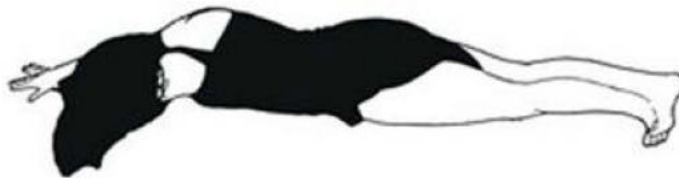
paying attention and taking an active part in the power exchange dynamic, not just sitting back letting the submissive do all the work, and ignoring what is inconvenient

to deal with. Knowing the dominant can be strict, and will enforce the rules, can be very comforting to the submissive.

While some dominants may take sadistic pleasure in punishment, it is a time of edification and most see it as corrective action to reinforce the rules. Meaning most dominants don't take pleasure in punishment, they instead view it as a necessary evil, just as parents do when they need to punish their children. Doing what is best for the submissive is not always easy, or fun. This also adds to the guilt a submissive may feel, knowing that the dominant's hand is forced in this regard.

The ritualistic use of this position goes a long way to reinforcing all the psychological factors related to the act of actual punishment, and the submissive's ability to take responsibility for their actions, (known or unknown), to the dominant.

We've talked a lot about the effects of actual punishment on the submissive, which may seem like it does not belong in the psychology of the Cleansing position. This is actually all very relevant however, since we need to understand what goes through a submissive's mind, as well as how hard it can be for a submissive to actually strip naked and assume this position before their dominant.



Description: The submissive typically strips naked before assuming this position, their nudity being as significant to the psychology of the use of this position as the body positioning itself.

Once nude the submissive lays face down on the floor, head in the direction of the dominant, or the dominant's anticipated return. Legs are closed and crossed at the ankles, with wrists likewise crossed, and the arms extended away from the head. The face is turned to either side with a cheek resting on the floor, and the arms bent only enough to allow the submissive to breathe easily while they wait for the dominants inevitable question, "What did you do?"

Associated Actions/Routines: This is one of the few positions that are totally at the submissive's discretion as when or if to use it. The only action determining the use of this position is the submissive's conscious and personal need to be free of guilt from whatever offense they feel they have committed.

A submissive can use this position by coming to the dominant and presenting themselves appropriately, or they can opt to assume the position on the floor near the front door, (or typical entrance the dominant will use), then remaining there until the dominant's return.

Position: All Fours or Table

Purpose/Use: The position is related to using the submissive as furniture. As the name indicates, it positions the submissive in such a manner that makes the submissive's back usable as an improvised table.

Psychology: This position can be used for many different purposes. In some cases it is used to deepen personal service to a dominant, through serving as the dominant's table, for food or drink. In this case, the act can, and often does deepen the intimacy level between dominant and submissive. Even the act of drinking a glass of water can become an act that gives attention to the submissive during what would otherwise be routine and uneventful service.

In other cases, it can be used as a tool for humiliation and degradation play. In simple terms, the submissive is reduced to an inanimate object. This will require extreme attention to detail on the submissive's part to avoid spilling something, as a non-human object, and earning punishment on top of the dehumanization.

The usage of this position will vary based on what the dominant feels is needed or desired from the submissive's service. In high protocol circles, a submissive used as furniture, is representative as very high protocol behavior. Public displays of such acts also serve as public demonstrations of the dominant's training, plus the skill and self-discipline of the submissive. Not to mention the submissive's ability to serve in a pleasing manner.

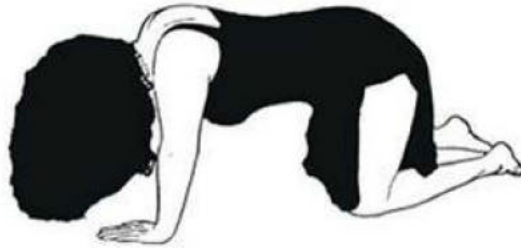
The end result compliments both the dominant and the submissive if performed well. In those cases, it is not seen as degrading, rather a good example of selfless devoted service that the submissive should be proud of doing well. Not unlike an honor guard performing a complicated drill with rifles for a crowd of on lookers.

When done well it's impressive, make a mistake and every eye will be fixed on the submissive to find out what will happens next for embarrassing their dominant. Because of this, it can be a very prideful and rewarding mode of service, or utterly embarrassing with some potentially painful ramifications.

Description: The submissive assumes a position in relation to the dominant as instructed. Typically to the dominant's side or from side to side in front of the dominant in a way that the dominant can use the submissive's back as an improvised table.

The submissive will get on hands and knees, with the knees approximately shoulder width apart and feet extended away from the body, in a straight line away from their

torso. Hands are palm down with fingers spread to help stabilize the position. The head is lowered till the submissive is looking straight downward, with any long hair allowed to drape around the head towards the floor.



At this point the submissive will adjust the height of their shoulders and buttocks till the back is fairly level, with the goal being to be able to place items on the back without them falling off.

Associated Actions/Routines: Although it may look easy from the on looker's perspective, the actual deed is much harder to pull off for more than a few short minutes before becoming unstable.

Most situations where this position can be used are relate to training the submissive in mental self-control, or enhancing personal service to the dominant. High protocol events are another place where you might commonly find a submissive used as a table, with true dehumanization the least commonly used reason.

In some cases, where the submissive is truly used as an inanimate object, the submissive may be placed at some location within a room to serve as a piece of furniture for anyone's use. In all cases, the submissive is not permitted to move, speak, or alter their position in any way until directed to by the dominant.

Position: Bend (Also Known as Ankles)

Purpose/Use: This position is most commonly used in conjunction with the standing presentation position, and during the inspection process. It is used to expose the buttocks, anus and genital area for a more detailed inspection. Another use would be for inserting toys or plugs from a formal position, rather than allowing the submissive to sit or lay down to insert them.

There are any number of reasons why a dominant may want the submissive to bend, but they are too numerous to try and detail all possibilities here. In short, we fall back to the standard, use your imagination and get creative, answer.

Psychology: Directing a submissive to bend puts them in a completely vulnerable and exposed position. The very nature of the angles their body is in makes it almost effortless to overpower them. This exposure of the buttocks and genital area makes the most sensitive and private parts of their body exposed in such a way that they can't even see how they might be completely violated, at the whim of the dominant.

In some ways, the bend position is a form of mental bondage. Their body betraying them by openly inviting any action the dominant may wish to perform upon them. In this case, the submissive is left with only two choices, accept whatever the dominant wishes to do to them, or break position and defy the dominant through open disobedience.

This can be an excellent trust building exercise during such rituals as inspection where every part of the submissive's body is being personally violated and objectified.

It the sensitive nature of this position is not the burden of the submissive alone when implementing it. This is a classic example of where one of those 'land mines' we talked about earlier might surface. The submissive could respond by getting very aroused, or by feeling completely violated, if not raped. Don't dive into this one blindly. Use caution and talk about it before you ever actually implement it.

Description: The submissive stands with feet at least shoulder width apart. Then bending at the waist reaches down and grasps the ankles, or as close to the ankles as they are able to reach with their given body proportions. The head is lowered till they are effectively looking down between the legs, and hair is allowed to fall free around the head. The knees may be bent slightly to maintain balance as this is a very unstable position for most. It is far better to adjust a little to keep balance than to 'fall' over from lack of balance.

Women will be able to perform this much easier than men since the center of gravity is lower in a woman's physiology than a man's.

Associated Actions/Routines: Once the bend position is assumed, the submissive is to remain motionless, until told they are released from the position, or told to assume a different position.



A submissive should expect that the dominant has instructed this position for a reason, be it visual inspection, some sort of physical use, or a more intimate inspection.

Since this position makes it possible for the submissive to be poked, prodded, or explored sexually, self-control can become an issue that will have to be emotionally worked through by the submissive, if they are to do it successfully without openly breaking position.

Since this position is commonly used in conjunction with the inspection process, the command 'rise' can sometimes be used to mean, 'rise up and resume the standing presentation position', or the 'inspection' position.

Position: Back (or Back Display)

Purpose/Use: The position 'Back' is used as a horizontal inspection position. This can be used as a precursor to sexual intercourse or genital play, but is most commonly used as a means to examine the genital area from a horizontal position.

Psychology: The psychological impact is similar to any other form of personal body inspection, however given that the key portion of the body displayed is the breast and genital areas, and the fact that the breasts, (or chest), could have been far easier inspected from a vertical position, it becomes obvious to the submissive that there is only one goal with the use of this position, genital examination or use.

This can be seen as very degrading or humiliating to some, while exciting to others. In this way it is very similar to the bend position.

As always, every dominant and submissive will look at these positions from their own unique emotional perspective. The dominant should be sure which response the submissive is likely to give when using a position like this. The dominant should also be prepared for any negative responses the position solicits from the submissive.

The slow and often subtle approach of the inspection process can be very erotic, even enticing to many. It can very often leave some all but begging to be used sexually before it is over, but the 'back' and 'bend' positions both objectify the submissive well beyond the normal level of the inspection process. There is nothing subtle about the sexual nature of these positions.



Description: The submissive lays on their back with arms extended to their sides in a forty five degree angle away from their sides. Palms are then turned downward with the

fingers extended and spread wide to control involuntarily movement. The submissive then spreads their legs a little wider than shoulder width apart, drawing the feet closer to the body, with the soles of the feet planted firmly on the ground. This is so the submissive can get the needed leverage to elevate their buttocks from the ground while hyper extending their pelvic and genital region upwards. This is meant to fully expose the genitals to visual and physical inspection, or use.

This is a difficult position to hold for more than a few seconds at a time, so the command 'relax' or 'lower' may be used to allow the submissive to lower their hips to the ground and regain their strength. If given the command to 'lower' or 'relax', the submissive should relax their body as much as possible in anticipation of being told once again to raise the hips to the original position. This would be indicated by the use of the command 'Back', once more.

Associated Actions/Routines: This position may be used for a more detailed pelvic/genital examination when conducting an inspection of the submissive. It can also be used as an improvised inspection to see if submissive has groomed their pubic region correctly, or to see if they are at the desired state of arousal. Most commonly, it is used when the dominant doesn't wish to go through an entire inspection process, only wishing to examine this one part of the body.

Lastly, it can be used to put the submissive in a mental state of objectification or dehumanization.

Position: Crawl

Purpose/Use: The submissive crawl is used as a training tool in pet or puppy training, as well as for punishment. Let us not leave out the possibilities for humiliation, degradation, dehumanization training. It can also be used anytime a dominant wishes a submissive to crawl rather than walk from one location to another.

Psychology: The use of the crawl command focuses the submissive's mind on even the simple act of moving about a room. This requires the submissive to use all four limbs to move about causing service tasks like retrieving food or drink to be especially difficult. Used properly, crawling can become very emotionally challenging.

When a submissive is made to crawl they will also feel the dehumanizing effects of being made to move about in the same manner as the household pets. If the submissive desires the dehumanization in the form of puppy play or being a kept pet, they may well thrive on such acts. Others will find themselves feeling utterly humiliated by the same act. Know which response to expect before using this command.

When used as punishment, it can be quite degrading and very effective at reminding the submissive what they don't want to experience again.

When used in a sexual or high protocol demonstration, the same degrading act can

become very sexually exciting to the same submissive. The trick is in how it is presented to the submissive and the mindset used in the submissive's training.

For emotional and psychological reasons it is often a good idea to give some level of exposure to crawling. Minimally, you may want to create a simple understanding of how it feels to crawl for their dominant, even if it is never used again.



Description: The submissive assumes a position on hands and knees with the head up and facing the direction they are to crawl in. As the name indicates, the submissive then crawls as directed by the dominant.

However, there are some dominants prefer that the submissive does more than simply crawl in the easiest way possible. They instead desire the submissive to arch their back slightly causing their buttocks to rise up higher than normal, and crawl in a very seductive manner, exaggerating each movement of their arms and legs.

The submissive may also look up towards the dominant giving the commands in a seductive manner, (if eye contact is allowed), thus making the overall act of crawling very alluring and demonstrating not just obedience, but passionate compliance with the commands given.

Think of a cat on the prowl, or better yet, a cat in heat, and you probably get the idea.

Associated Actions/Routines: There are many different rituals and routines that crawling can be integrated into. Some dominants opt to have the submissive crawl for the final few paces when presenting themselves to the dominant, or greeting the dominant. Others use it as a means of reminding the submissive of their place within the high protocol, or power exchange dynamic. Often the use of a leash adds to the effect when having a submissive crawl.

Punishment is another excellent use of the crawl. For instance, if the submissive failed to pick up their dirty socks which were shed in the living room, and the correct location for the socks was a hamper in the bedroom, the dominant could have the submissive crawl to the discarded socks and retrieve them with their mouth. Then with socks hanging from their mouth, either leash and guide them through the proper process, or instruct them verbally to crawl to the laundry hamper to put the socks inside.

Making the submissive do this one sock at a time will usually ensure they have sore

knees. Adding repetition to the process should add both an unpleasant and distasteful memory, to remind them not to repeat such lazy or forgetful behavior.

Position: Lead (Also known as Hair in the Gorean community)

Purpose/Use: This position is used when a dominant wants to lead or guide a submissive from one point to another by physically controlling the submissive's movements. This is accomplished by using the submissive's hair as a leash.

Psychology: This position reduces the submissive to the same level of control one might have to apply to an animal that could not, or would not respond to verbal commands. For this reason, there is an element of dehumanization, and quite possibly humiliation or degradation involved in leading another person around by their hair. For some submissives, this will be a very hard thing to do, for others, something that turns them on beyond their own expectations. In either case, the person being led will feel degraded down to an animalistic level to at least some degree. This is especially true if it is done in a semi-public or public setting.

Again, you want to make sure you are not stepping into an emotional land mine before taking this level of control over a submissive.

In most cases, the submissive will either become more resistant to the dominant's control, or much more compliant, and obedient to that same control.

It is always fascinating the first time you do this with a submissive, as you discover which response will naturally surface. For this reason, doing it in public the first time, might not be the best plan.

For many who desire and/or practice a much deeper level of submission known as slavery, simply knowing the dominant will do as they wish to, and with the submissive, can be quite an aphrodisiac.

A more intense level of control is sometimes needed to help a strong willed submissive become a more compliant and happy slave.

Description: The submissive bends over at the waist till their head is approximately waist high to the dominant. The hair is drawn to the side and made easily accessible, allowing the dominant to grasp it. The hands are placed behind the back and grasped together. The submissive should be facing the dominant when assuming this position where they then wait for the dominant to take them by the hair. The Dominant will guide the submissive where they wish to take them by hand movements. The submissive will then walk bent over following in any direction they are led. The submissive will stop, or start walking, by the pressure applied to them via the type of pressure applied to the hair.

The correct direction would naturally be the direction that requires the dominant to

apply the least amount of pressure, (and/or pain), to the submissive being led.

If the submissive's hair is not long enough for the dominant to get a firm grip, grasping the submissive's neck from the back can be an alternative hand placement. There is no real right or wrong when using this position, beyond the exact way a specific dominant wants it done.

Caution should be used however, if choosing to guide a submissive by the ear. Ears are very sensitive and a fairly easy to cause damage to. If you apply too much pressure, or pull too roughly, especially in the area of the ear lobe, you can hurt the submissive quite easily. Nothing ends a good thing faster than a trip to the emergency room.

Associated Actions/Routines: This method of leading a submissive might typically be used during training sessions where a certain degree of humiliation or dehumanization is desired. It can also be used in conjunction with punishment, if for instance, the dominant decides the submissive must be taken in hand and led to some other location. This would typically be an act of taking the submissive someplace in relation to a specific offense, or administering punishment.

Public display, or mental conditioning for a session that is about to commence are just two more ways in which this position can be used. The possibilities with this position, as with many others, are limitless.

Position: Worship (Also known as Obedience Position)

Purpose/Use: Worship is as much an act as it is, by definition, a position. It is used to allow, or make, a submissive show physical admiration and desire for the dominant, without breaching protocol with actions that would otherwise be considered too forward or controlling for a submissive to use. It can also be used as a training tool to teach a submissive what level of devotion and service is desired by the dominant.

As the name indicates, the submissive demonstrates physical worship of the dominant through overt submissive admiration of the dominant's physical body.

Psychology: This can be a tough one for many submissives to do, especially in front of others, until they really come to terms with their submission and service to the dominant. Over the years I personally have encountered many submissives who aporetically denied ever having, or going to have, any interest in another person's feet. They would claim they hated feet and would not even so much as give a foot massage, let alone be able to deal with the dominant's feet in any form of service. The mere suggestion that they would one day take pleasure in being allowed to kiss the dominant's feet brought complete denial.

In EVERY case, those same submissives eventually found great pleasure and no discomfort in showering the dominant's feet with kisses, giving foot massages, and in some cases even bathing the dominant's feet with their tongue.

We are the product of our combined live experiences. Given the right combination of new experiences, most people will come to embrace many things they thought they never would have.

A submissive going through training, and/or learning to embrace a deeper level of submission, most submissives will typically take great pride and pleasure in learning to let go of old anxieties, while being able to do things for their dominant they would never have imagined they could.

When done the wrong way, pushing a submissive into worshipping the dominant while the act still holds some negative connotations to them, can stop or hinder the submissive's personal growth. This can reverse both the progress, and trust dynamic between the submissive and dominant.

Done correctly however, it can be the catalyst that takes the submissive to the next level, and truly free them of emotional restraints they may have been fighting internally for some time.

Description: The submissive approaches the dominant and lowers to a crawling position where they will close the last few feet between themselves and the dominant in a crawl. Upon getting close enough to physically touch the dominant, the submissive wraps their arms around the heel of the dominant's foot, (either one), and cup the heel between their hands gently. The submissive then lowers their head to the dominant's foot and kisses the top of it lovingly. It is up to the dominant to determine if the submissive should shower the foot with kisses, place a single kiss upon it, or something else that results in their lips, mouth, or tongue, touching the foot, boot, or shoe, as the dominant wishes.

The submissive will continue this action until one of the following is completed. The pre-defined action or time period has expired, the submissive is told to stop, or the submissive is instructed to assume a different posture or position. It is also common for the dominant to define a phrase of some sort to be spoken before, after, or during the kisses being applied.

Throughout this process the submissive can use one of two body postures, as the dominant dictates. Either be raised up on their knees, which elevates the buttocks for a more sexually alluring posture, or have their knees tucked up together under their stomach, while keeping the body on the floor.

If the submissive elevates the buttocks, the knees should be shoulder width apart to expose their genital area during the process of worshipping their dominant. If the knees are to be drawn up under the stomach, the knees are kept closed together as much as possible.

Once the submissive has performed the desired action to the one foot, it is repeated on the other to give each of the dominant's feet equal attention.

Associated Actions/Routines: This position can be used for several different situations. For example, it can be used as part of a formal greeting of the dominant, in which case it would be used consistently every time the submissive greets the dominant. It can also be part of a formal ritual or declaration by the submissive to declare their love and devotion, or as simple as devoted service to the dominant.

When it comes to punishment it can be a precursor, or ending action, tied to the act of administering punishment, or even as a means of begging forgiveness. In this last case, it might be for an act that was seen as disrespectful, with the worshiping being done to assure the dominant of the submissive's genuine respect and admiration, despite the disrespectful way they previously behaved.

Manners of Speech and Body Language

DOMINANT Protocol: Third-Person Speech

Purpose/Use: Third-Person speech is commonly used to emphasize the place of a submissive in comparison to the dominant. It is a formalized approach to speech that requires a degree of practice and mental self-conditioning to use smoothly in a typical conversation.

This type of speech can be very difficult to both say and understand. The complete absence of personal pronouns in one side of a conversation, where they remain used normally on the other side of a conversation, is typically only simple for short discussions. More in-depth conversations can lead to an almost “Who’s on first? What’s on second” scenario, leaving both the submissive and the dominant wanting to respond with, “Huh?” With proper practice and application, it can however be a powerful language discipline tool to enhance the protocol between dominant and submissive.

Psychology: Why make speech so difficult to both say and understand? Much like the posture used in slave positions, it requires attention to detail and focus to pull off on the submissive’s side of the equation. Likewise the dominant must pay close attention to the conversation not to get lost. The end result is not simply a rewarding protocol exchange,

but a re-enforced security in both the focus given to one another, and the protocols used in your specific dynamic. Even the small and subtle reminders are important when it comes to a high protocol lifestyle.

There is a second factor that sometimes drives the use of third-person speech. When the submissive refers to themselves in the third-person, they also refer to themselves as a possession or object. With this in mind, the submissive is reminded through their own words, of their voluntary surrendering of a sense of ‘self’. Consider how that would serve to teach the submissive they do not ‘own’ their body, or the way it is used. All of these belonging to the dominant, leaving the submissive as merely the caretaker of the dominant’s living, breathing, property.

In over exaggerated terms, it is the difference of a car being spoken of as an object, versus given an identity like a person would have.

Description: The submissive references themselves as a third person when using this protocol. For example: “May this slave (or this ‘one’), rub your feet Mistress?” Versus, a typical pronunciation: “May I rub your feet Mistress?” In all cases, when instructed to use third-person speech, the submissive may never refer to themselves with I, me, mine, or any

other word that denounces possession.

Personal pronouns are not permitted so 'I' and 'me' gets replaced with 'this one'. The word 'one' can be replaced with girl, boy, slave, subbie, or any other title you want to use. 'Mine' is often replaced with 'yours' as is any other title that would denote possession, since the submissive or slave themselves are a possession, and therefore cannot own anything themselves. Thus anything that would be referred to as the slaves becomes the dominants, who owns the submissive and anything the submissive may otherwise own directly.

This is especially true when the submissive is referring to self. A female slave would not presume her body is her own to do with as she pleases, therefore, she would not say, "My breasts are yours to use as you please Master." She would instead say, "Your breasts are yours to use as you please Master." Sounds confusing and it can be if you're not paying attention to the conversation closely, but can make perfect sense if you are trying to keep the mindset of who possesses who clear to all involved.

Associated Actions/Routines: The most common use for third-person speech is not everyday conversation, but instead for select events such as punishment, or during an inspection ritual.

Using this manner of speech for only select times or events puts an even higher emphasis on the formality of your protocol. This can be quite rewarding for those who love the highest levels of protocol.

This does not preclude third-person speech from use on an every day basis, or even for periods of time, such as during a formal training period, to be discontinued when training is completed. It is up to the dominant directing its use as to when, where, and for how long. There is no wrong answer in this regard.

Protocol: Eye Contact Restrictions

Purpose/Use: In a high protocol environment it is not uncommon to enforce eye contact restrictions for submissives and slaves. This simply means that a submissive is not permitted to look a dominant in the eyes without explicit direction to do so. This can be limited to refraining from looking the submissives own dominant in the eye, or to any dominant, as per your own personal preferences.

When training a submissive in high protocol rituals, eye contact restrictions are one tool that can be implemented in an effort to help define submission towards the dominant. Submission in high protocol settings is sometimes communicated by the submissive through keeping the eyes lowered and avoiding direct eye to eye contact with 'any' dominant.

This can also be further defined by limiting where the submissive can look beyond the generality of eye to eye contact.

Psychology: Not unlike animals, looking the stronger alpha dominant in the eye denotes a threat or challenge to their dominance. Our eyes can relay many different things through a mere look. Eye contact restrictions are simply a tool to denote an emphasis on dominance and submission as are many other protocols and rituals you will see here. This is also a tool that should only be used if it can be enforced.

The psychological implications of requiring it, and then not following through, are far worse than simply not requiring it in the first place. The submissive may take comfort in the smallest details of their body language being controlled and directed by the dominant. Likewise, finding the absence of follow through can make the submissive's world more chaotic, opening the door for doubt and insecurity.

Even the smallest protocols must always be reinforced once implemented, or the dominant can expect to slowly lose their control and dominance over the submissive. This is natural human behavior.

Description: Determine what level of eye restrictions you wish the submissive to comply with and direct the submissive, (in detail), how it is to be followed. For instance, you may stipulate that the submissive may not look higher than the dominant's chest or neck. You may even go so far as to say, the submissive must keep their focus directly to their front, with eyes on the floor approximately 3' to 6' to the front of the submissive. This again is an individual call and need only be applied if it appeals to you.

Remember, as with any protocol you stipulate, you must give direction in exact detail, and then enforce what you say. Make sure the submissive knows when, where, how, and why they are to use this protocol then practice it with them. It will do both the submissive and the dominant good to go through such practice routines. It will also help to flush out any inconsistencies in the directives given before the submissive is left on the spot with no clear idea of how to respond.

Associated Actions/Routines: During implementation of any formal slave position, there are associated eye contact restrictions. This is where you will see them most often used. Formal service during a public high protocol event, or even a BDSM social gathering is another place the submissive can make their dominant look good in front of his or her peers. After all, it is human nature to express our emotions any way we can. When the body and mouth are restricted to specific movements and actions most will compensate by expressing their emotions through a look.

The eyes tell us much of what a person is thinking and if the submissive can learn to control their eyes, where they look, when they look, and the emotion that pours forth from those eyes, they can represent their dominant with the highest of high protocol honors, the appearance of a very well trained submissive.

Protocol: Dominant Posture

Purpose/Use: We have talked much about submissive posture and protocols so far, but we cannot forget dominant posture. It is critical that the dominant be able to establish and carry a dominant posture in front of the submissive, and with other dominants. If you want to be respected as a high protocol dominant, you better know how to behave like one.

Psychology: This comes down to Alpha male (or female), and pack mentality. If you claim the top rung of the ladder, then you should stand taller than everyone else. If you appear weak or indecisive a submissive is less likely to respond to your commands or directives.

The most obedient of submissives will begin to challenge and misbehave in an either overt, or subconscious, attempt to get the dominant to reclaim their place as the Alpha in the dynamic.

Description: If you don't speak intelligently or carry yourself with confidence, you won't earn the respect of your fellow dominants.

Hallmarks of a good and well respected dominant are patience, wisdom, intelligence, and a strong presence. You may be only one of the Alphas in the room, but be an alpha in everything you do, when it comes to your role as the dominant.

Associated Actions/Routines: This is a personality trait, not a routine or ritual, so has no predefined actions or routines. You can however demonstrate dominant posture with subtle body language and speech mannerisms.

Position yourself physically higher than the submissive during activities where you are trying to assert dominance. Be forceful with your gaze and confident in your speech. Don't be domineering, but do not be afraid to be who you are, the dominant!

A strong dominant can make a submissive feel like the dominant's eyes are burning holes through the submissive's very core, without the submissive ever looking up to see that gaze directly. Use that to your advantage and the submissive will thank you for it.

Protocol: Submissive Posture

Purpose/Use: Much the same, yet opposite the dominant posture, the submissive posture is an extension of the submissive's personality. If a submissive keeps a good submissive and compliant nature when serving the dominant, they are likely to be rewarded by increased confidence and like dominant behavior by the dominant. There shouldn't be a need for more of an explanation than this.

If you are the submissive in the dynamic and can't easily keep a submissive posture, then you should be rethinking your role in the power exchange relationship. This of course applies to both submissives and dominants.

Psychology: Again, think pack mentality. There is but one Alpha in the pack and the rest

take on a submissive role to the Alpha dominant, or get called down for challenging dominance in the pack. A high protocol dynamic is no different. Both the dominant and submissive should crave this exchange and embrace their unique roles within it easily. Adopting the proper posture for your role within the high protocol dynamic, will ultimately only increase your confidence within your own unique role.

Description: Maintain a submissive posture with both body language and verbally. In the end it comes down to communication. Body movements, tone, inflection of words, and eyes play a major part in your submissive posture. Make them all work for you, and the dominant, and you will succeed.

Associated Actions/Routines: Avoid direct eye contact with the dominant, unless the dominant prefers otherwise and chooses a more intimate approach when it comes to eye contact. Keeping your body positioned lower physically than the dominant's, using a soft tone, (but not so soft you can't be heard clearly), and compliant behavior in the presence of a dominant, are all typical actions that denote submissive posture.

Lastly, demonstrate an appreciative behavior in all things you do as a submissive. This will help your own mind space as a submissive and encourage the dominant to dominate you. This last statement applies to both dominants and submissives alike. You get what you give, nothing more, and nothing less.

Tool: Tone & Inflection

Purpose/Use: *This one is far more a tool to be used in conjunction with the various protocols, than an actual protocol of its own right, but I felt it best included here.*

Dominants should keep a clear and strong tone when giving directions to a submissive. Don't yell or scream, ever. These denote loss of control on the dominant's behalf. The dominant's tone should be firm, yet calm and in control. After all, the dominant is trying to assert dominance, not be a domineering ass.

The submissive should feel like nothing phases the dominant. The submissive will gain security through it, even if this infuriates the submissive.

Submissives should speak in clear, yet submissive, or demure tones. Surrender to the dominant in the way you speak, but be firm and sure of yourself in voicing obedience. If you make the dominant feel domineering, or guilty for asserting their dominance, you can be unwittingly helping to tear down the power exchange dynamic between you and the dominant.

Psychology: Dominants should enunciate their words and directions in a clear and concise manner. Leave no doubt as to what you are saying or telling the submissive to do. Doubt leads to hesitation, hesitation leads to questions, questions lead to negotiation, negotiation leads to compliance, and compliance leads to the breakdown of trust in the power exchange dynamic. This goes both ways of

course. If a submissive has a questioning or challenging tone, it will likewise lead to a weakening in the dominant's self-confidence, if not a complete breakdown of the high protocol dynamic in place.

Description: Tone, inflection of voice, volume of speech, confidence when speaking, and when appropriate, a clear willingness to obey, are all methods of practicing proper tone and inflection in speech patterns between dominants and submissives.

Associated Actions/Routines: There are no clearly defined actions or routines for this tool, but use common sense and apply verbal discipline proportionately to the level and state of high protocol in place at any given time.

Disciplinary Techniques

Before we delve into the types and techniques of punishment it is important to remember why we punish. It has three purposes in regards to a power exchange relationship.

First, punishment is meant to serve as physical reminder to correct incorrect or bad behavior. Second, punishment is meant to encourage a submissive to not earn punishment in the future. Finally, punishment is meant to release the submissive of all feelings of guilt and remorse over the offense that warranted the punishment in the first place.

High Protocol relationships are no different than any other D/S relationship except for the mutual desire for a rigid rule set and stringent application of punishment supporting those rules.

Here are some guidelines to consider when determining what punishment methods you may want to use in your high protocol relationship, when you should administer it, and how you may want to enforce it.

One: Punishment is not meant to be a reward. It should be feared and never fun. If you forget everything said here about punishment, remember this as the golden rule of punishment. It is not punishment if the submissive does not fear what is to come. Many submissives may also be masochistic and crave the pain of a spanking or whip used on them. Punishment is very different and should be unique from any practiced play methods. If you use a paddle for punishment, that paddle and often any use of a paddle at all should be limited to punishment, not play. Keep psychological boundaries in place or you will confuse and shake the submissive's sense of security. Whatever you decide to use for punishment, it should both fit the crime and make the submissive regret the offense that warranted it.

Two: Be clear on what warrants punishment and how it will be enforced. The submissive should always know what actions will cause a negative reaction and warrant punishment. Likewise, they should also know what sort of punishment to expect even if is to expect not to know which of several methods of punishment is to be expected until the Dominant decides. In most cases, the various punishment methods should be explained before the relationship dynamic is in effect and which degree of punishment is warranted for a specific offense. Never leave the submissive feeling setup to fail in regards to punishment. That might work in various forms of sadomasochistic play, but punishment should be taken seriously and not as a game.

Three: Follow through with the stated punishment methods as your previously defined rules indicate. Nothing is worse on a submissive than telling them they will get ten

strokes from a cane for committing an offense, then simply not being punished or having the expected punishment changed on them unexpectedly. This threatens the trust relationship and can even go so far as to unhinge the entire relationship. Take it seriously, the submissive does.

Four: Be sure your specific punishment methods encourage the correct behavior. If a specific method proves to be ineffective, reconsider how the submissive is responding and come up with something that will be effective. After all, punishment is not about taking out revenge or retribution on the submissive for failing you, it is about teaching the submissive to behave in an appropriate manner and cleanse them from the past wrong doing. Not all punishment must include physical pain or suffering. The most effective punishment techniques are often only painful to the submissives heart and mind. Punishing a submissive emotionally will be remembered much longer and do far more to correct behavior than taking a belt to their backside.

Five: NEVER punish in anger! It is not about getting even, it is about correcting behavior and helping the submissive learn from their mistakes. If you are angry when you punish you are likely to cause more problems than the punishment was meant to solve. You are not calm, cool, collected or objective when you are angry and punishment should never be dished out unless you are all of four.

Six: Once punishment has been handed out, the submissive will be in a fragile state of mind. The full magnitude of their offense and the ramifications are right in their face and the pain of punishment is compounded with the guilt of the offense and now it's time to let it all go. The pain, whether mental or physical, is the catalyst and outlet to release all the guilt and fear surrounding the offense. The punishment may be over, but the punishment process is not. Now is the time for 'aftercare', just as you would for an intense sadomasochistic play scene. It's now time for quiet one on one consolation with the punished submissive. Reassurance is critical at this juncture and its now your job as the Dominant to help channel all that guilt and remorse out and away with the pain and often tears. The submissive should be reminded repeatedly that the offense is done, the punishment over, and it all in the past. It should have no more bearing on the future unless there is a repeat behavioral problem. In short, once punished, the crime no longer exists. It is done, gone, over! It is now time to move forward with a renewed outlook and a painful reminder of what not to do again. Never abandon the submissive until their emotional state is settled and you both feel reconciled with one another. This is crucial to maintaining the trust and security of a power exchange relationship.

Seven: In a polyamorous dynamic or a 'house' slave situation, it can be very valuable to ensure that all members of the household are present in observation of the implementation of punishment. This creates a humbling factor for the one punished in front of their peers, and serves as a reminder

to all of what happens when they misbehave.

Eight: Make sure you communicate well with the submissive as to what different offenses mean in terms of the power exchange and high protocol dynamics. There is no limit to the different rules that could be violated, but the ultimate offense is disrespecting the Dominant. There is likewise no limit to the ways any offense can come back to disrespecting the Dominant. Don't use this as a trap for the submissive, but rather a reminder of terrible chain of events that can unfold for them from something seemingly unimportant.

Nine: Be creative in your choices for how to implement punishment, but take the time to get to know the mind of the submissive so a simple spanking does not land you right on top of an emotional landmine from some incident in the submissive's past. There are often specific acts of punishment that should be avoided at all cost. The goal is to correct behavior, improve the quality of the submissive's service, and to grow the submissive mentally and emotionally through the process, not cause them to withdraw into an emotional nightmare or lose their trust in you the Dominant.

Below are several different punishment techniques that you might find useful. Remember however that what you use or don't use is completely up to you based on what works best in your specific relationship dynamic. These are merely guidelines.

Technique: Corner Time

Purpose/Use: This is a commonly used disciplinary measure used to give the submissive time to think and reflect on their actions and/or behavior that led to the need for discipline. This would be used when an offense was bad, but not so bad as to require physical punishment techniques.

Psychology: Often the mere act of placing the submissive alone with their thoughts and guilt is enough corrective action to alleviate the offense that got them there from happening again anytime soon. Whether it is from childhood memories of being put in a corner, humiliation, or simply denial of the Dominant's attention while in the corner, corner time has been proven useful with many submissives.

Conversely, some submissives crave the humiliation and corner time can merely become a feat of boring endurance. With this as well as all of the other disciplinary techniques listed here, you should fit the punishment to the crime and the punishment technique to the psyche of the offender.

Description: Have the submissive stand, sit or kneel in a corner with their face to the corner. Ensure there are no distractions in the corner to distract the submissive from thoughts of the offense that landed them there. Determine the duration of the

corner time before it begins, but it is the Dominant's prerogative to share that knowledge ahead of time or not with the submissive.

Be cognoscente of any health concerns for the submissive. For instance, not many submissives can kneel for extended periods of time without pain or numbness in the knees, or even avoid passing out if standing with knees locked.

Often a Dominant will want the submissive to not move around, thus spending corner time in a defined slave positions or with their nose to the wall. In fact, corner time does not even necessarily require the use of a corner. Any piece of wall will do in a pinch.

Associated Actions/Routines: You should start this technique by instructing the submissive to stand in the corner with verbal direction as to what to consider while in the corner and tell them to assume a specific slave position while doing so. Clothing is always optional when using a disciplinary technique, but keep in mind that nudity can be a powerful humiliation tool if you need to take a boastful submissive back down a few notches or simply want the submissive to experience the vulnerability that nudity brings to the picture during their corner time.

All these are simply ideas so let your imagination and personal knowledge of the submissive guild your disciplinarian strategies.

Technique: Non-Physical Punishment

Purpose/Use: There are many occasion when punishment is indicated, but the offense is not severe enough to warrant physical punishment. In such cases, creativity is the key. There is no wrong way so long as the submissive is not seriously hurt either emotionally or physically, beyond the pain of the punishment itself.

Psychology: If the submissive is truly committed emotionally to the relationship with the Dominant, words are the most powerful punishment of all. Fear of disappointment is often the greatest fear a submissive has. It has been my experience that many submissives would happily feel a whip on their buttocks to avoid feeling like they disappointed you, let alone have that disappointment put on display for review.

Description: Techniques used could range from verbal lectures on the submissive's wrong doing, to repeating the activity where the offense was created in a proper manner in an effort to seat the correct behavior into memory.

Associated Actions/Routines: Lecturing in the form of walking through the steps of what occurred versus what should have occurred, followed by a redundant and wordy speech on the many ways even a simple offense compounds itself into disrespecting the Dominant, does wonders for behavior.

Technique: Spanking

Purpose/Use: Most of us are familiar with getting a spanking from our youth. Using this method of punishment is no different save for the tools used to implement it. If you use spanking as a punishment, you should define how it will be implemented well before it is actually implemented. Describe what you will do, what tool you will use to carry it out, (paddle, whip, cane, crop, bare hand, etc.), how many strokes as related to a specific degree or type of offense, and even how the spanking will unfold.

Psychology: This is more than a simple fear driven punishment through the use of pain. It is quite commonly used for serious offenses. The physical pain of the punishment combined with the emotional guilt of disappointing or failing the dominant can create a fear level that the submissive will not soon forget.

In many cases, after punishment the submissive will state that the worst punishment was long before they got spanked. The mere need for spanking them driving home a sense of failure that they punish themselves with far worse than your spanking could ever do.

Description: Physically spanking the submissive. Typically on the buttocks, but can be to any part of the body that you choose. Care should be taken to spank only areas that have larger muscle groups or fatty tissue. Intense spankings over vital organs or over bones, veins, nerves, and/or other sensitive body parts can cause real and serious harm to the submissive. If you don't know, don't do it.

Associated Actions/Routines: There are many different ways to achieve this form of punishment. Your imagination is the only limit, but here are a few ideas that are commonly used.

Over the Knee spanking to the buttocks.

Spanking while the submissive is in the punishment position. This can facilitate a buttocks spanking, or a flogging type spanking to the back and buttocks.

Cane or cropping of the buttocks, meaty parts of the legs, stomach, breasts or even genitals in the case of a crop. The submissive would be placed in a position suitable to receive this punishment.

Spread eagle, either upright on a restraint device such as a St. Andrews Cross or prone on the floor or a bed, for example.

Technique: Essays

Purpose/Use: Much like a former teacher may have used when you were a child in school, the Essay punishment is used to provide a redundant and unpleasant reminder of the offense and how it will not be repeated in the future.

Psychology: Essays feed on the guilt of the submissive and unpleasant repetitive actions to sear the offense in the submissive's mind. Most submissives may act like an essay is a meaningless punishment, but most all of them dread having to do it.

Remember, punishment is not supposed to be fun. Essays achieve this goal if nothing else.

Description: Written assignment related to an offense committed by the submissive.

Associated Actions/Routines: Assign the submissive a specific number of words, pages, or repetitious written statements related to the offense committed. This can be done on paper, in electronic form, on a blackboard, whiteboard or any other creative method you can come up with.

Be creative and have fun with it if you can. For example, if the submissive left their towel on the floor in the bathroom after a shower, make them write, "I will hang up my towel" on the fogged up mirror with their finger twenty time. Then tell them you will be back to check their work to ensure they completed the assignment.

The submissive will not soon forget the ordeal they just had to endure, nor how to accomplish an impossible task of keeping the mirror from de-fogging without fogging back up over the previously written words.

Technique: Humiliation/Degradation

Purpose/Use: Both humiliation and degradation can be powerful motivating tools in the right situation and with a submissive that responds well to them. Remember the golden rule, punishment is not a reward. If the submissive craves either, then this isn't the best punishment choice.

If the submissive is hard headed or thinks they are tough enough to endure a spanking or corner time without it affecting them in a meaningful way, then this may be the ticket that gets the point home. The goal is to reach a point of regret and cleansing from the offense. There is no limit to the ways either humiliation or degradation can be used as punishment so use your imagination and knowledge of the submissive as your guide to come up with a fitting punishment.

Psychology: As with all punishment techniques, the goal of this method is to reach an emotion point in the submissive where they realize they are not in control and now must answer for their wrong doing. Most crave knowing that you

can and will achieve this with them when they step out of line. Most will often test you on that very point anytime they feel the control slipping from their dominant's hands.

It is as much about reassurance as it is corrective action. If the submissive's will is unaffected by lectures, corner-time or spankings, and writer's cramp is taken with stride, you will need to delve deeper into their psyche to find the punishment method

to reach their weak spot. If they require something more severe than your disappointed look to break them down into tears and regret, then give it to them.

It is your job as a dominant to know the submissive's mind better than they know it themselves and to not hesitate to do whatever it takes to bring them back in line.

Do not however forget that there is a cleansing portion of any punishment method and if you use this style of punishment you need to ensure you also are going to complete it by allowing them to be cleansed of the offense and receive the reassurance of the future with the offense done and past.

Psychologically, the submissive is not only punished with this method, but is placed back into the proper space mentally by submitting to the designated punishment. Nothing reminds a slave they are a slave more than doing a humiliating act of their own free will, not because they were forced to, but because their dominant told them to.

Description: This can range from verbally degrading the submissive to dehumanizing them in acts that are humiliating to them. You are trying to remind them that you are the dominant and they are the submissive who is about to suffer and regret their actions.

Find an act or lecture that fits the offense, and then use it until you see the lesson learned. These acts can be done in the privacy of your home or in front of others to achieve the best results. The end result is to make the submissive wish this never happen again.

Associated Actions/Routines: There are unlimited different actions and routines that can be used with this style of punishment.

For example, if the submissive has a bad habit of leaving dirty socks lying about the house, then being led naked on all fours on a leash will take on a whole new meaning as they carry one dirty sock at a time in their mouth from the spot it lay on the floor to the clothes hamper where it should have been.

With that example you may want to let the socks lay for a day or two so there are lots of smelly socks to carry. Always make the punishment fit the offense or the positive impact and corrective nature of the punishment is lost and repeat behavior is more likely.

Technique: Public Display

Purpose/Use: Many who practice high protocol dynamics to frequent BDSM clubs and social activities. In these settings, there are ample opportunities to allow a submissive to show off how well trained they are.

There are just as many opportunities for the same submissive to make mistakes or misbehave publicly. This of course gives them ample opportunity to embarrass their dominant and represent them in a negative light in front of the dominant's peers and other submissives. This can adversely affect the dominant's reputation within the high protocol community. It is in such situations that dominants often choose to make

the appropriate punishment as public as the offense.

Psychology: A submissive who intentionally misbehaves in public will typically do so because they don't think their dominant will do anything about it in an equally public forum or they simply are letting their actions engage before their brain does. In the back of their mind they felt they could get away with what they did or simply were being defiant enough to think they can withstand the punishment.

Often they are hoping that you will not punish till later and by then the dominant won't be as upset so the punishment might not be as bad.

If it is another dominant they commit the offense against, they are probably thinking their own dominant won't actually let anyone else punish them either. This is a train of thought that never leads to the right answer for the submissive.

If you stop and think about what all of these actions really are you will realize it is a lack of respect for the dominant they represent that seeds the actions. This equates into an attempt to take control back from the dominant, whether it's intentional or subconsciously done.

Description: No matter what the cause, ultimately public displays need to be corrected. Whether you choose to take them over your knee and redden their buttocks for all to see, or come up with something truly creative, the goal of this punishment method is to teach them not to make the same mistake again, and for them to redeem them in your eyes just as equally for all to see. If you're going to start punishment in public, finish it that way too.

This as with all other forms of punishment is ultimately meant to create a positive from a negative. Most public displays will probably contain some level of humiliation or degradation as well so keep this in mind when coming up with your specific punishment.

Associated Actions/Routines: There are of course too many different unique situations to demonstrate punishment methods for in this book, but it's not too hard to reason out the best recourse on the fly.

For instance, if your submissive talks back to another dominant or in some other way offends them, you could do something as simple as taking the submissive by the hair and put them on their knees at the offended dominant's feet. Then with them very publicly on display and forced into a very submissive posture, exact an apology to the offended dominant. Rest assured the submissive's mind will be swimming with fears of being put in that other dominant's hands for a full and proper punishment. Not at all what they bargained for when they committed the offense.

An apology is usually quickly offered in hopes of quick pardon and relief from the troubles they got themselves into. The submissive may feel they know what they are in

for with you and be willing to handle what is dished out, but the prospect of a strange and unknown dominant entering the picture can be more than a little unnerving.

Technique: Repetition

Purpose/Use: Unlike some of the previous methods, repetition is a punishment style focused on retraining behavioral patterns or ‘bad habits’ that need to be unlearned. Say for example, the submissive has been told that they must always stop approximately 10 feet from the dominant when greeting him or her and crawl the remaining distance and kiss the top of each foot once before speaking any form of verbal greeting.

As this isn’t a behavior or ritual that the submissive is likely to have practiced before their service to a dominant, they will almost certainly get it wrong more than once before this new behavior becomes habit. Completing an act or behavior repetitiously is the best way to build new habits.

Psychology: From a psychological standpoint this disciplinary measure is one of the best for correcting bad behavior and creating an atmosphere of success. It is very important to the entire training and power exchange dynamic on a whole to be consistent and not let things slip unchecked. Using this method makes it easy to be consistent in enforcing the rules as a dominant.

Making the submissive perform an act repeatedly immediately after it was first completed incorrectly is no different than the initial act that was asked of the submissive in the first place. Therefore, it is seldom a punishment method that can’t be used immediately, unlike a spanking, for example, that may be required to be completed later due to the location or circumstances at the time of the offense. This creates an environment for success, which in turn makes it easier to be consistent.

The submissive will see consistency in many positive ways. First it will show that the dominant is paying as much attention to what is going on as the dominant expects the submissive to give. Second, it shows that the dominant cares enough to be consistent. Last, but not least, it creates a positive psychological state where the submissive can learn, correct behavior and succeed without feeling beaten down.

One danger in any sort of behavioral training is the chance that the submissive will find themselves feeling incapable of success. Making a submissive obey and perform out of fear of the punishment alone can create a very unhealthy psychological balance in the dynamic. From there it becomes very easy for a power exchange to erode into a domineering and emotionally abusive dynamic, rather than the consensual dominant and submissive dynamic it was meant to be.

Additionally, this method of punishment can be presented in many different ways. There is always one way or another that will present the best psychological result in the submissive. For instance, in a private setting, the submissive will know the dominant’s

full attention is on them and although repetition may not be fun, it does allow the submissive to not only correct their behavior, but demonstrate they can do it correctly. This is a positive.

In a public or semi-public setting, say private parties or at a BDSM club, it can become a game that many will often see as quite humorous. Often even the submissive will have a hard time remaining completely focused and serious after having repeatedly performing the inappropriate act or routine. Nothing will teach a submissive to remember to perform the routine correctly down to the smallest detail than having a cheering section on the sidelines pointing out every mistake to the dominant.

Even a public display of punishment can be a positive psychological experience if done under the right circumstances, with the right mindset of patience, firmness and consistency.

Description: As the name states, this form of punishment is the act of making the submissive perform an action or behavior repetitively in the correct manner. The dominant can make is a serious correction or have fun with it as they point out the wrong behavior and instruct the submissive to “do it again”.

Associated Actions/Routines: Simple repetition is the key. The method used should be consistent as well however. For instance, if the submissive is going to do a task or routine repetitively, they should have a goal in mind that is obtainable. This is often something along the lines of doing it 10 times correctly. Note, that I said ‘correctly’.

The dominant will often accomplish this by stopping the submissive as the moment the incorrect behavior is first noticed. Then the dominant informs the submissive of the incorrect behavior. Once the dominant is sure the submissive understands the correct behavior, they are instructed to do it correctly. Lastly the dominant instructs the submissive to repeat the now correctly performed behavior for a set number of times.

Instructing a submissive to repeat a behavior correctly 10 times does not mean the submissive will only do it 10 times however. It is up to the dominant to determine what is correct and what is not, so logic dictates that some or many of the ten attempts to do a behavior correctly are actually done correctly and count towards the total completed. Be creative and have fun with it when appropriate.

Technique: Denial of Service/Attention

Purpose/Use: Denying the submissive the dominants time and/or attention is a severe punishment method sometimes used to force the submissive to stop and do some self-evaluation. A submissive left with time for reflection and the possibility of further punishment yet to come is a powerful persuader to not repeat bad behavior. This can also be used as a buffer for the dominant. A dominant should never punish in anger, so for those times when the offense is a serious one and anger at the submissive cannot be helped, putting the submissive in a time-out of sorts is also a useful tool to give the

dominant time to do some thinking and calm down before a final punishment decision is reached.

Say for example the offense is one that may be so great that the dominant's first reaction is to release the submissive from service altogether. Such a decision should never be reached in the heat of the moment, so sending the submissive from the dominant's presence is probably a good idea until a mental state of calm objective wisdom can be reached by the dominant.

Psychology: This is probably the most psychologically difficult punishment to endure for many submissives. Great care should be used when opting to deny the submissive the dominant's time or attention as it can often create a whole new list of issues or insecurities on the submissive's part.

As with anything taught within this book, knowing the mind of the submissive is critically important for the dominant. If the submissive has suffered from abandonment issues or is simply needy in nature, this punishment method could be devastating. Conversely, a submissive that has retained a great deal of independence could learn nothing from such a punishment method. It is very important in either case that this form of punishment is not used lightly. Neither should it be used hurtfully. This and all forms of punishment should be clearly stated and the submissive should know exactly what is to come.

If a dominant simply pouts, clams up and shuns the submissive without explanation nothing will be gained. Then the dominant can be perceived as domineering or even mentally abusive rather than working constructively to correct behavior. If the dominant clearly states the offense and punishment to come, perhaps even going so far as to explain why this punishment method will be used, the submissive is left with lots of time for self-examination and reflection on what they should have perhaps done differently. If done right, the submissive is likely to learn they never want to endure this punishment again.

Do not overlook the fact that after even a couple of hours of being denied the dominant's attention and left to their own thoughts, the submissive may well punish themselves emotionally far more than anything that follows could ever accomplish.

Description: This punishment is the act of refusing the submissive the dominant's time or attention for a set or undetermined period of time. It can be used as a precursor or in combination to other forms of punishment, but is seldom used alone. Even if no other form of physical punishment is used, the psychological effects of denial can and most likely will constitute a form of punishment in itself. Denial of time/self should be used to establish an objective mindset that will lead to a positive outcome for the submissive.

If denial of self will lead to any other result that is not positive for correcting the

behavior in the submissive and establishing a more positive mindset in the submissive in the future, it more than likely should not be used as it will probably cause more damage than good.

Associated Actions/Routines: This punishment method can take on many forms. For some it is used in conjunction with other punishments, such as corner time or a spanking. It may be simply the act of instructing the submissive to go do their room or focus on their daily routine, without the benefit of the dominant's attention until such time as the dominant is ready to address the offense.

I've often seen a submissive put in the corner or nose to the wall for extended period of time while the dominant withdraws to another room or even goes for a drive to consider the offense and appropriate punishment.

If the submissive does not live with the dominant 24/7, the dominant may opt to deny visits for a set period of time. If the submissive does live with the dominant, the dominant may opt to restrict the submissive to domestic service only and refuse personal time for a set period of time.

In whatever form you opt to use this method of punishment, the dominant should be clear to the submissive of what is occurring, why and what may or may not occur following completion of the punishment.

It is not necessary in all cases to inform the submissive of how long this punishment will be in effect. The not knowing can be a powerful tool in itself. Nothing will make a submissive's mind race faster and think harder than standing naked, blindfolded and nose to the wall in an empty house than having no clue when the dominant will return or if he/she is not already standing within visual range, just watching quietly for further disobedience.

In other cases, it can serve well for the submissive to know that being returned to the dominant's good grace is very dependent on being able to demonstrate an appropriate amount of good behavior.

Give the submissive something to earn back in a sense, versus beating them down for failing. Much the way we commonly punish our children with chores and grounding. You should always be creative, but be careful to avoid crossing over into abusive with this form of punishment.

Triggers & Audio/Visual Reminders

Triggers and audio/visual reminders are tools to reinforce training and mental conditioning of a submissive. They can be simple reminders, or hypnotic implants, to trigger certain behavior upon pre-established conditions. The overall purpose is to shorten, simplify, or demonstrate a pre-defined submissive response to a command, trigger, or reminder. The goal being to accomplish this without having to take the time to get the submissives attention, establish an expectation for a forth coming command or desired behavior, and then subsequently give that command verbally.

As an example, we could take a lengthy command to get the dominant a drink down to a simple hand signal that signifies this action.

In many circles, commands given by triggers or audio/visual reminders are considered signs of a well-trained submissive. Many dominants, especially High Protocol dominants, will respect, or even be envious, of a dominant that can command and control their submissive with nothing more than a motion, gesture, or look.

Audio/visual reminders are a pre-designated signal, such as the one used in the previous example. They are achieved through training and conditioning, and then used as supplemental commands to reinforce a verbal command. It is quite common in high protocol dynamics to have accompanying hand gestures in use with verbal commands.

Other visual reminders may be simply a look given to a submissive that has learned to read the dominant's facial gestures. These gestures may indicate instructions, pleasure, or unhappiness with the submissive's behavior. Even without making an effort to train, most submissives quickly learn to recognize the general unhappiness look.

Triggers, on the other hand, are typically hypnotic implants to trigger a specific reaction from the submissive upon receiving the trigger. The command can be verbal, visual, or a combination thereof. We will discuss some of these, as well as audio/visual reminders in the following list.

Technique: Hand/Facial Gestures

Purpose/Use: Hand gestures are used to reinforce a verbal command such as heel (follow), sit, speak, rest, etc.

Psychology: Creating accompanying hand gestures to verbal commands helps the submissive understand the command, thus not feeling as lost or unsure, when they can't hear clearly for some reason. They also help create a psychological state where the submissive is 'in tune' with the dominant.

For example, if a submissive needs permission to sit or eat and they are at a fancy restaurant with their dominant, they might receive all their instructions via hand signals versus verbal commands. This can create a fluid interaction within a vanilla setting that can be quite rewarding for the submissive, as well as avoid drawing unwanted attention.

Setting up the submissive to succeed is always better for everyone, and learning to respond instinctively to both visual and auditory commands will boost the submissive's self-esteem. This can be equally true for D/S, M/S, BDSM, and vanilla worlds.

Description: Hand gestures are used in conjunction or in place of verbal commands for times where verbal commands are not appropriate.

Hand gestures are commonly created to match up to the following commands:

Slave positions

Movement commands (such as heeling, dismissing a submissive, or summoning a submissive to the service of a dominant)

Instructing a submissive to speak or be silent

Directing a submissive to perform a task (such as bringing food, beverage, answer the door/phone, give personal attention, or some other form of service to the dominant)

Any ritual or routine that is performed regularly by the submissive

Hand gestures can be simple or quite complex depending on the dominant's personal preferences. It is not necessary to use them, but they can be quite handy when wanting to give the submissive direction in a vanilla environment as well.

It is common for a submissive to learn to respond to very subtle and generally unnoticed gestures by the general public. Thus giving an appearance of seeming to know what the dominant wants without being told.

It is also common for a dominant to use facial gestures in conjunction or in place of hand gestures for certain commands. This will further enhance the illusion of the submissive simply knowing what to do without being told. These are even more useful in vanilla settings.

When creating the gestures to be used, keep in mind that they are meant to be subtle, so these gestures should be executed with the hand extended downward and close to the dominant's side as much as possible. If the hand is raised to any degree when giving them, they should be done so as subtly as possible, with no overt or exaggerated actions.

Associated Actions/Routines: The best way to teach hand gestures is to use them in conjunction with verbal commands till the submissive can respond as easily to the hand gesture as the verbal command itself.

In a formal protocol setting it is also common to use only gestures when the dominant is conversing with other dominants. This allows the dominant to interact with the submissive without appearing to draw attention away from other dominants. This is often seen as a demonstration of a very well-trained submissive, especially when used among other high protocol dominants.

Here are some examples of hand and facial gestures, but it is really up to the dominant to make up a complete list of the ones to be used within any given dynamic. If training multiple submissives, (such as in a high protocol group), to all be able to respond to any dominant, you may want to establish a standard list of hand gestures for specific commands, or routines.

Sit – A single index finger motioning smoothly downward to the spot the submissive should sit at. This could be towards the floor indicating the submissive should assume the sitting position at, or used to motion towards a piece of furniture, if the dominant wants the submissive to sit upon it. A firm downward stroke of the finger, as if pushing a keypad firmly, could indicate urgency or irritation on the dominant's part, thus re-enforcing this action.

Stand – A single index finger motioning upward with the hand turned upside down as if pointing toward the sky.

Heel (or follow) – A single index finger pointing downward towards a spot directly at the dominant's side. This should be done with the hand associated with the side the dominant wants the submissive to heel or follow on. This does not however necessarily mean for the submissive to move to the dominant's side since the proper heeling position is three steps behind and one to the side. Be sure to clearly define the proper 'heel' position prior to using this command.

Rest – Extend all fingers together and curved slightly. Then rotate the palm from the dominant's side in an outward motion while simultaneously straightening and spreading the fingers partially, as if spreading an imaginary handful of sand over the spot the dominant wishes the submissive to assume the rest position on.

Kneel – Extend a single index finger in a firm or strong motion to the ground approximately three feet directly in front of the dominant indicating that the submissive should promptly assume the kneeling position at the designated position and be prepared to offer service or respond to the next command. This can be very similar to the sit command except for the location of where the finger is pointed. Typically a submissive won't be instructed to 'sit' three feet directly in front of the dominant giving the command. Rarely will a submissive be told to kneel anywhere other than in front of, and facing the dominant.

Present (Kneeling or Standing) – Extend the index and middle fingers joined together motioning to the ground approximately three feet in front of the dominant, and hold it

briefly before ending the gesture. This indicates the submissive should immediately move to the designated position and assume the kneeling or standing presentation position where they will wait to be inspected, or receive further commands. If desiring the submissive to assume the kneeling position, the fingers should remain downward to the desired spot. If desiring the standing position, complete the gesture by turning the hand upward, moving the fingers in a sweeping motion upward till the palm is facing skyward. It should look like commanding the submissive to kneeling present, then rise to standing present, but the actual response should be to just assume the standing presentation position.

Prone – Extend the fingers and thumb fully joined with the palm turned towards the ground, indicating that the submissive should assume a prone position on the ground. Unless directed to another location first, the submissive should assume this is to be done where ever they currently are located.

Back Present – Extend the fingers and thumb fully joined, then turn the palm skyward while moving the hand in a downward motion. This instructs the submissive to assume the laying presentation position with their feet towards the dominant, and the feet approximately three feet directly in front of the dominant.

Request punishment – Cross and extend only the index and middle finger, then point them towards a spot three feet in front of the dominant. This tells the submissive to immediately assume the requesting punishment position in the location indicated by the dominant's fingers, (three feet in front of the dominant), and await further instructions. Note that there is no hand gesture for the punishment position since the requesting punishment position places the submissive's head in such a way as to prevent the submissive from being able to see any further hand gestures. Naturally, if the dominant wants the submissive to change to the actual punishment position, they will need to give that command verbally.

Dismissed – Extend all fingers and thumb together and move the hand in a sweeping motion from the dominant's body and away in a general direction, or towards an exit from the location the dominant is in. This tells the submissive they are released from immediate service, and to withdraw from the dominant's presence. This can be used to allow the submissive to tend to other duties, or to simply release them from immediate service over all.

Drink – Curl the index, middle and ring fingers while extending the pinky and thumb, then twist the wrist in a rocking motion. This indicates that the dominant desires the submissive to get them something to drink. This can be a predetermined drink type that the submissive can immediately withdraw and get, or if the actual drink type is unknown, indicates to the submissive they should approach offer drink service. This should be done in the appropriate manner indicated by their training.

Food – Form the fingers as if holding a key and then twist the wrist as if turning the imaginary key in an imaginary lock. This indicates to the submissive that the dominant wishes the submissive to bring them some form of food to eat. As with the drink command, this will typically mean to approach and offer food service, unless prior knowledge of what is desired is explicitly known by the submissive. The food and drink commands can be given in rapid succession to each other to indicate both are desired. This is helpful for the submissive maintaining formal protocol by giving the illusion of instinctively knowing what questions to ask when offering service.

Speak/Silence – Extend the fingers and thumb together and raise the hand towards the dominant's mouth with the back of the hand facing the lips, then move the hand away from the mouth, twisting the palm towards the ground while concurrently moving the hand from the mouth. This indicates that it is okay to speak. Conversely, raising the hand to the dominant's mouth with a clinched fist indicates that the submissive should remain silent, or become silent if already speaking when the hand gesture is given. If a submissive gives the dominant the hand gesture for requesting to speak, the dominant can use this gesture to respond without verbalizing the approval. In another situation, the submissive may have been asked a question from another dominant other than their own and is looking to their own dominant for approval to answer the other dominant's question or to remain silent. In many cases the dominant can give a simple nod or shake of the head to indicate the affirmative or negative, if responding to a request to speak.

Request to Speak – Extend the fingers and thumb fully in the same manner as the speak command, but hold the hand in front of the submissive's mouth with the back of the hand touching the submissive's lips. This should look like the submissive is covering their mouth with their hand, but in reverse to the normal motion. This gesture is an initiating motion, and is performed by the submissive if they wish to speak, but have not already been asked a question or otherwise instructed to do so. The gesture is held until the dominant responds to the request either verbally or with another gesture. Once initiated, a submissive who drops the position without receiving a command one way or the other, is seen as impatient or disrespectful.

Request to retire or sleep – Extend the fingers and thumbs of both hands and place them together, palms and fingers touching then raise the hands to the side of the head, leaning to the head to the side slowly to rest on the back of the near hand. This is a submissive request to be allowed to withdraw from service, and/or go to sleep for a nap, or the night.

Other submissive requests – The submissive can also request other activities or items, such as getting food or drink by mimicking the dominant command for that item and holding the gesture in front of the submissive's mouth with the back of the hand to the lips.

Yes/No/Warnings – The dominant can give an affirmative or negative response to the submissive by simple nod or shake of the head. This should however be done in a very subtle manner. Likewise, if the dominant disapproves of something the submissive is saying or doing, they can issue a warning to correct behavior by simply giving a stern look.

In time each and every submissive should learn to read their dominant's looks. Once this is accomplished, there is no end to the variety of unspoken command that can be given in this manner.

Technique: Triggers

Purpose/Use: Triggers are used to initiate a predetermined response from a submissive at the time and place of the dominant's choosing. With triggers, the action should always solicit the same response, regardless what the setting is. This is commonly used as a tool to demonstrate the dominant's total control over a submissive, to either the submissive, or others witnessing the event.

Psychology: It is important to remember that triggers are a form of hypnosis. Whether implanted by an actual hypnosis script, through repetition, or by some other means, the implanting and retaining of a trigger follows the same principals of hypnosis.

Since some people are more responsive to hypnosis than others the success or failure of implanting a trigger is dependent upon three factors.

First, is the submissive's susceptibility to hypnosis. Second, is the fact that no one can be hypnotized to do anything they do not actually desire to do on some level, even subconsciously. Third, how well, (or deeply), the trigger is implanted, and/or reinforced in the submissive.

If you don't ever use it, the trigger may stop working. If you use it often, it can become a very deeply conditioned response.

That said, the submissive's psychological state should not be overlooked when deciding when or if to implant suggestions in a submissive's subconscious.

The person implanting the trigger should be qualified and capable of doing so without causing harm. Also ensure the trigger itself will not cause any emotional or physical harm to the submissive. Implanting a trigger can be as dangerous as it is intriguing, and should never be done recklessly.

Using conditioned response over hypnosis is another method, but again how it affects the submissive is very important in your planning. In either case, it is a very good idea to ensure that the end result of the trigger is something positive to the submissive. This can be either in the form of personal reward or through gratification of pleasing their dominant.

As a final warning, be very careful about trying to implant a trigger that directly conflicts with an already existing emotional state or pre-existing trigger, which may be there because of some prior trauma in the submissive's life.

Description: Unlike hand gestures, triggers are a physical or verbal action to 'trigger' a hypnotically implanted event in the submissive. This can be accomplished by actual hypnosis or by repetition of the action and event until the action begins to trigger the event out of habitual response.

Triggers are typically a phrase or word used by the dominant, but can be, and often are, accompanied or replaced by a physical action.

Associated Actions/Routines: As with all forms of hypnosis, the sky is the limit when crafting what action you want a trigger to perform.

One very commonly implanted or conditioned response trigger is to orgasm on command. This is much easier accomplished on female submissives than male submissives simply because females tend to have a much greater emotional/mental component to achieving orgasm than their male counterparts. This is not an absolute of course and I'm sure there are many male submissives will respond equally well to such triggers when implanted deep enough. It has been my experience that this trigger is most commonly used on female submissives.

While both men and women typically require physical stimulation to achieve orgasm on a regular basis, it is possible to heighten the mental state to such a level that orgasm is possible by words or 'triggers' alone. The greatest erogenous zone is always the mind.

For many dominants, there is no greater ego boost, than to be able to bring a submissive to orgasm with a word or a look. Conversely, it can be equally intense an experience for the submissive, knowing that the very same look will make them orgasm with no ability to stop it from happening.

Image being either the dominant or the submissive and knowing that in a crowded room with just a word the submissive will begin to shudder in orgasm regardless of how many people are present. Image as well that you are at that party and witness this act of control by a dominant and his or her submissive. It never fails to impress.

While it is very possible to instill such a command through repetitious action, it is far easier to do it through hypnosis. Even the repetitious action method is a mild form of self-hypnosis.

Although this is a good example of a trigger there is any number of things that can be instilled in the submissive via the methods mentioned here.

When choosing the triggers to use, it is a good idea to make sure to consider what the end goal of the trigger is, and how it will ultimately effect the submissive. Humiliating or degrading triggers might seem like fun at first, but if those components are not a

desired component to the relationship dynamic, it can have undesired or damaging results.

Training tools & techniques

There are numerous different tools and techniques to use as aids in conducting high protocol training. The list contained here is only a high level overview in comparison to the infinite variables possible. What is important is to understand is what the desired intent is and use your own creative imagination to come up with the best tools to use with the submissive you will be training.

Everyone responds to different forms of stimuli, whether it's verbal, mental, or physical. If you use the wrong tool to stimulate the brain, you may in effect, find yourself engaging in quite a fruitless and futile effort. Using the right tool however, may simplify your efforts far more than you could have imagined. It's not catering to the submissive's desires, to find and use a method or tool that they respond well to. It's just good sense.

Of the tools listed below, some will seem to be props and others more clearly defined tools. The props can, and in many cases, are far more effective than any tool listed. These tools provide a mental state that helps put the submissive's mind in a receptive place to embrace the lessons to be learned. They can also give encouragement in the form of milestones reached and surpassed.

Don't be afraid to use the ones listed here, or any other prop you may discover the submissive responds well to.

Tool: Collars

Purpose/Use: Collars are a prop as much as they are a tool, however they are one of the best props you can implement to solicit a real and sometimes immediate change in behavior and motivation in the submissive.

Collars are used for play sessions, training sessions, declared consideration of a submissive, or most commonly symbols of ownership and or a relationship dynamic between the dominant and submissive.

Use them for goal setting, or simply to achieve a more submissive mindset during your training session, but avoid reckless use as it is important to reinforce the meaning of a collar, not demean that meaning by reducing it to a simply play prop. If you do, you will have a much harder time re-symbolizing it as something that represents a milestone or real commitment at a later date.

Psychology: Collars are very commonly equated to a wedding band with many within the D/S, M/S, and BDSM community. Although they are not the same as a wedding band in reality, they are meant to symbolize commitment, and ownership, between a dominant and submissive. As the goal, most submissive's desire to be

owned one day by the dominant of their dreams, the collar likewise holds special meaning.

In relation to high protocol dynamics, the collar is a psychological representation of the submissive's achievement of an important milestone that in some cases can represent a lifelong change in the submissive's life.

Whether having a temporary training collar, a house collar from a high protocol group, or a personal collar from a dominant, the collar will set in the submissive's mind that they officially belong to another person. This also builds self-esteem and instills a sense of accomplishment that is very important for the personal growth of the submissive.

Ownership denotes that the dominant recognizes the submissive's worth as a submissive, thus deserving of being owned by the dominant, as well as a sense of being found desirable by the dominant.

The confidence that a sense of self-worth and desirability creates ties in well with the trust dynamic creating a foundation for success in any training or educational program the dominant chooses to take them through.

Description: There are many titles in use for collars, but all have one thing in common. The collar is a symbol of servitude and/or ownership. As the names generally imply there is a purpose or role different types of collars play within a high protocol D/s or M/s relationship dynamics.

It should also be noted that to some, a collar is a collar is a collar. Meaning that there are no different names for collars, it either is or it isn't and has only one meaning. That meaning can, and does change from person to person, so make sure the expectations of a collar are known before implementing this symbol in your power exchange relationship. It could get pretty ugly fast if one party assumed they were getting or giving a collar that amounted to nothing more than exclusively dating, and the other felt they had just made a lifelong commitment.

What the collar looks like, or what materials it is made of are purely up to the discretion of the dominant and submissive involved in the dynamic.

In many circles of high protocol practitioners, a collar does not take on a serious representation beyond play or consideration, unless it is held in place by a lock or screw. Some go so far as to say that it's not a collar if it does not 'lock' in place. Many others never use a lock with any form of collar. In the end, it again becomes your personal choice as to what type of collar and how it will attach.

Collars may be made from leather, cloth, stainless steel, or precious metals, to name a few. The collar's appearance can range from an obvious look of enslavement, to the most subtle of jewelry.

Some dominants don't even put a collar on the submissive's neck. Opting instead to use the ankle or wrist because of social, family, or work restrictions.

From the lowest level of commitment between the dominant and submissive, to the highest level, the progression of the most common types of collars is as follows:

Play Collar – Used for individual service or play sessions, as a prop or symbol of submission to a dominant. This might be used by a high protocol group if they have house slave volunteers that serve at high protocol events. In such events, it is common to see the submissives serving in some sort of collar.

Training Collar – A collar worn during training sessions, or throughout the term of the training program that the submissive is involved in.

Collar of Consideration – There is much controversy over this collar title. Many think it a tool to give the submissive a sense of commitment or ownership while a formal consideration period is in effect. In vanilla circles, this might be considered 'going steady' since it means that the submissive is not to entertain any other dominant, thus committing themselves to the dominant's consideration of them. The controversy comes in with the fact that at no point in this process is the dominant committed to anything further than, 'I will consider putting a collar on you', until after the consideration period is concluded. To many it is very one sided, but for others it simply means both parties involved are committing to be exclusive until a final decision is made and the consideration period reaches its conclusion.

House Collar – This collar means simply that the submissive is not collared to an individual, but rather a group or organization as a whole. In a high protocol group the submissive would serve all the dominants within the group as a whole equally. Often this means that they provide domestic or general food and drink service for group events. Depending on the rules and expectations of that specific group, this could also include personal service to its dominant membership.

Personal Collar – This is the most commonly used collar type. It denotes that the submissive is the property of a specific dominant. Typically it suggests a personal or intimate relationship between the submissive and the dominant they are collared to.

Permanent Collar – This is just a different form of personal collar. The permanent collar is typically made of metal, often precious metals and is considered permanent because it will not wear out or break under normal conditions. Often these collars cannot physically be removed by the submissive. Such a collar is used when the dominant wants to show the world, and the submissive, that the relationship has reached an expectation of long term or permanent service. The permanent collar typically is connected via a lock or screw and the dominant retains possession of any keys or specialized wrenches needed to remove it.

Associated Actions/Routines: At the beginning of any phase of relationship dynamic progression, a collar is typically placed on the submissive. This could be in the form of a brief collaring ceremony at the beginning of every training session, or even as a reward. In the case of a reward, this would be done typically by conducting a formal collaring ceremony at the completion of training, or at such time that the submissive will be considered fully trained, and/or ready to officially serve the dominant. (See collaring rituals for more details)

Tool: Restraints, Gags & Sensory Deprivation

Purpose/Use: High protocol submissive training can be a challenging and even intense experience for the submissive, which requires a great deal of trust in the dominant. For example, if items like restraints are used during a training session, the level of trust needed to get through the session is naturally increased.

If a gag is used the submissive's ability to voice concerns or an objection is greatly decreased. Removing the submissive's auditory or visual perception will greatly heightens their other senses such as touch and smell.

Psychology: Make no mistake about it, denying even one of a submissive's senses or restricting physical movement, will have a definite psychological effect on the submissive. Using these tools to heighten the submissive's senses and increase feelings of vulnerability may actually help a submissive overcome psychological hurdles that are bound to come up.

This might seem contradictory to the natural reaction one might expect from these tools, but although they are not always needed, there is a good reason for this line of thinking. It may be that the submissive is strong willed or has trouble letting go of self-control. In such cases, trying to train a submissive without using some sort of tool to deepen the emotional state may get only a superficial physical response. Real change and enlightenment comes by helping the submissive let go emotionally, and/or psychologically, to the dominant's direction.

There is a belief by many in the D/S and M/S communities that submission is 95% mental and 5% physical. Working on the assumption that this is true, it only makes sense that a dominant will eventually need to use physical restraint and/or sensory deprivation techniques to push past the submissive's subconscious refusal to truly let go of old habits and fears.

Often one of these tools can be the difference between getting stuck in a perceived limitation, either physical or mental, and pushing past to a desired and successful result. A submissive's self-perception of being successful in pleasing the dominant is critical to their personal growth and overall success of the power exchange dynamic, so do not be afraid to use them. Even if the submissive does not understand the need at the time they will usually come to see the value of a challenging tool, and in the process

deepen their trust in the dominant's guidance.

Description: Included in this set of tools are restraints, cuffs, rope, chains, locks, gags, as well as hoods, blindfolds, and even commonly owned items like music headphones. Any devices that can be used to restrain, hinder, or inhibit movement, as well as restrict sensory perception, can be used to enhance a training experience for a submissive.

When questioned by a fearful or uncertain submissive as to why I am using one of these tools, I respond in a commanding tone with the word, “focus”. In that one word I have both answered their question and told them to trust me and focus on the directions they were given. Often this sort of short or vague answer not only supports the use of the tool, but leaves a submissive wondering if you answered the question, gave new instructions, or both.

This sort of exchange clearly enhances the dominant’s position of control over the submissive. Giving a clear decisive response that leaves the submissive mind scrambling for comprehension, also reminds the submissive they are not going to easily out think or manipulate the dominant. This is a trait that many submissives crave in a dominant.

Associated Actions/Routines: There are an infinite number of situations and a unique tool for each one. Each has its proper place and time, but it isn’t hard to figure out which to use, and when. If you are teaching trust, sensory deprivation is a good tool. If you are teaching form or posture, restraints can be very useful. If you are teaching attention to detail, creative restraints, restraint devices, or even gags to limit speech, can be quite useful and reduce distractions.

There was a slave who wanted whole heartedly to be found pleasing and perform all her domestic responsibilities to her dominant’s utmost satisfaction. However, she had severe A.D.D. and could not stay focused on a task for more than 20 or 30 minutes before getting distracted. This ultimately led to her wandering off to another part of the house to start a new task prematurely. When questioned on why she didn’t complete the assigned task, the answer was always that she had forgotten, or had become bored.

No amount of punishment, lecture, or repetition, could push her past her inability to focus or change this behavior. Finally out of sheer frustration her dominant said, “Fine, then I’m going to chain you so you can’t wander off till the job is done.” He promptly secured a twenty foot length of chain to her collar with a padlock and second padlock on the other end where it was anchored to a pole in her work area.

The dominant let her see that there was no getting away from the chain till the job was done, dropping the key in his pocket. Then he walked away and left the house for several hours, leaving the submissive to her work.

At the time he felt quite satisfied by the shocked look on her face as he left, even though his actual expectation was to find her still struggling and frustrated by the chain when he returned.

The dominant’s initial goal had been to teach the submissive how much easier it was to do the task without the chain, and increase her focus out of fear of repeated use of the chain. However, upon returning an hour or two later he found her task done perfectly and she

had moved on to do even more than he had instructed. What was most interesting was the look of total contentment on her face when he returned.

After that, anytime the dominant needed his submissive to focus, it was only a matter of chaining her. She immediately lost all her mental and emotional barriers and focused only on the task at hand. Her depth of submission also deepened greatly after being on the chain for even a short time.

Although this restraint method only physically restrained the submissive's movement within a single room, it was enough for her to let go of her perceived limitations and inabilities, finding both focus and joy in even mundane domestic service.

Tool: Torture Apparatus (Whips, Crops, & other creative devices)

Purpose/Use: There are three ways to look at the use of torture devices as productive tools to aid in a submissive's training.

First is the obvious use as punishment tools. This is gone into more detail a little later.

Second, would be as focusing tools. It's amazing what an occasional smack of a cane, or crop across the buttocks can do to affect a submissive's performance of a task or routine. It can bring an immediate adjustment of attention to the task at hand and the minutest details of performing that task to the dominant's expectations. This of course can be done without it ever being perceived by the submissive as actual punishment.

The third is as a tool to deepen the mental state of submission. This is especially useful with submissives that also have a masochistic nature. Pain, when used properly, is an excellent focal tool for submissives that associate pain and submission as hand in hand.

Psychology: From the time we are small children we are taught to associate pain with failure. Although this can be perceived as negative reinforcement, there is something about the fear response in association with incorrect behavior or failure, that can't be denied.

If the submissive does not fear what the dominant will do when they don't meet the dominant's expectations, they are not likely to put in the extra effort to do the task or routine exactly as they were told to, if at all. After all, there are no ramifications for failure. If, on the other hand, the submissive knows they will be punished for failure and will feel the pain of the whip for not getting it completed correctly, they are much more likely to comply.

Fear of the dominant's disappointment is also a powerful motivator, but fear of the dominant's wrath is almost always more powerful.

Respect, is often a byproduct produced by cause and effect when the dominant reinforces his words with action.

Failure should always equate to the dominant's displeasure. Whether the fear of displeasure means physical pain, or suffering, on the submissive's side as an end result, is purely up to the dominant.

The overall goal is to teach the submissive to obey as directed without question. If a submissive questions the dominant's ability to control them, the submissive is not likely to give any more than the dominant can take from them.

In most cases, a submissive wants and needs to know that dominant not only is in charge, but has no problem taking control and finding a way to make the submissive comply. Ultimately the desired goal is for the submissive to find immense pleasure in complying simply because it pleases the dominant.

When the submissive is excited by pain, or finds a deeper level of submission through pain, this group of tools can be used as a reward system as well, for good behavior and obedience. No matter which it is for any given submissive, it is the act of deepening the submissive state and mindset that is critical to success with this group of tools.

No matter which motivates the specific submissive being trained, there is no denying the immediate focal response to visual, physical, or audible triggers. The crack of a whip, the loud smack of a cupped hand striking skin, or swoosh of a cane slicing through the air, are all unmistakable psychological effects on the submissive, whether its feared, desired, or both.

Be careful not to set the submissive up to fail though. If the submissive doesn't think the dominant cares, or perceives this group of tools as being used to domineer or oppress the submissive rather than encouraging them to obey, they will only cause more problems than then they solve.

As we will state many times throughout this book, always be careful of stepping on emotional landmines. It is very important to the submissive's psychological health, to know their history and any trauma events that may trigger negative responses, rather than the desired response.

Description: Using pain as a motivator can take on several forms and the use of many different torture toys, (or tools for the purposes of this topic). Small reminders are always effective for quick focus changes, such as crops, paddles, canes, or even an open cupped hand. As mentioned before they all give a quick sharp pain that commands immediate notice and attention to the place the submissive mind has drifted from.

Heavier toys such as floggers, cat of nine tails, single tail whips, and many others are more effective as punishment for failure of a task, or as a reward when used in the form of offering a much desired SM session upon successfully completing the task.

More creative torture toys or devices can be very useful as focusing tools for specific tasks. For example, a vampire glove, (a leather glove that has the palm lined with small metallic spikes), could be used as a tool when trying to teach a submissive the self-control to remain still during an inspection.

Associated Actions/Routines: To recap, for minor corrections in behavior immediate use of sharp stinging type pain is most effective when considering the use of the light torture toys as tools.

For the psychological motivators, more creative torture toys that best fit the situation can be used to heighten the state of submission.

For habitual or more serious behavioral problems, the use of the punishment position and heavy torture toys like whips or floggers, can be used to inflict formal punishment via the careful infliction of pain, within the limitations of the submissive's tolerance to pain.

For the seasoned or blossoming masochist, turn what would be a humbling punishment into a reward by promising a SM session upon successful completion of a task or reaching a milestone in the submissive's training.

Technique: Interrogation

Purpose/Use: Interrogation is used much more commonly than many would suspect in the course of training a submissive in high protocol service to a dominant.

The point of the interrogation is to determine what the submissive is processing mentally and emotionally through a questions and answers session, or as a tool to help the dominant learn what makes the submissive tick, so to speak.

Psychology: Understanding the mind of a submissive is critical for the dominant before, during, and after any periods of formal training. It is somewhat common for a submissive to have trouble expressing what is going on in their head. Being able to figure that out without expecting the submissive to spell it out explicitly can be very helpful.

For example, a newer submissive to the lifestyle is going to be far less forthcoming than a seasoned submissive. A strong willed submissive will resist on a conscious and unconscious level, often daring the dominant to get through their walls. A new submissive will still be struggling with the new emerging thoughts and feelings, quite likely be embarrassed by what they feel inside.

This is especially true if the submissive is a heterosexual male, struggling for instance, with not feeling manly enough because of his submission. A previously abused submissive, male or female will have exceptional trouble opening up to a dominant. The submissive may instead hope the trust factor will develop before the submissive needs to seriously give in and express the thoughts in their

head.

There is the whole cart and the horse thing there that we don't need to go into for the purposes of this book. No matter what the driving factors are, it is safe to assume that at some point during the course of training a submissive, the dominant 'will' need to find ways to get past the defensive barriers, and unlock the secrets of the submissive's mind. To this end, interrogation is an excellent tool.

We all want to share our dreams, fears, and thoughts of a deeply personal nature, but very few of us have the inner strength or security to just throw it all on the table with someone we may not know very well. Even the toughest of dominants may occasionally need some prompting to speak their mind. This is usually harder for submissives given the vulnerable nature of their role in the relationship.

Once we are able to share with one another, the feeling can be very liberating, even life changing. It isn't necessarily required to have an intense interrogation scene to query the mind of a submissive. Interrogations can be quite subtle and take on the form of a simple conversation, or shared secrets within an intimate setting. What is important is to know each other well enough to know if gentle words and a strong shoulder will ease the information from the submissive, or if the issues and secrets are held so deep that it will require an intense interrogation session to expose them.

In some cases, with submissives who have endured some form of severe psychological, emotional, and/or physical trauma, multiple sessions from gentle to intense, may be required.

Take special care however not to cross the line from caring dominant that is helping the submissive grow emotionally, to an ego driven presumption that you as a dominant, are a suitable replacement for professional help, either emotional, or psychological. Leave that work to the professionals and know your own limitations.

The dominant should always know what the end goal of an interrogation session is before beginning it. Like all things the dominant does, this too much be used with responsibility. What could start as a simple correction for improper behavior, could wind up being an abusive domineering verbal berating of the submissive. The latter is quite obviously a very unhealthy practice for any relationship, where the first can be both productive and healthy for the relationship dynamic.

If the dominant has not maintained control of the interrogation session, an impromptu submissive driven discussion may erupt unexpectedly.

While allowing the submissive to express their mind is important, letting that erupt from what started as an interrogation can very quickly undermine the submissive's respect for the dominant's ability to maintain control in the relationship dynamic. When the submissive thinks they can control the dominant, things will quickly go

downhill. Verbal interactions are always the way this starts. Therefore a careful and controlled migration from the original session to the developing discussion is very important.

Description: First we need to remind ourselves of what the goals of an interrogation are. There are two main purposes this tool is typically used. Either the dominant is using it to correct bad behavior, or is trying to help the submissive grow on an emotional level in some way.

The main forms of interrogation start with a simple question and answers session, done frequently. The next level up would be a more intense, or focused Q&A, to find the core issues surrounding the event leading to the need for the interrogation. The final level would be combining the use of pain and torture toys, to bring the submissive to a heightened state of submission, in combination with a verbal interrogation.

At this final level it is most effective to use questions that require only a yes or no answer from the submissive. Their heightened state may well leave them unable to give complex answers. With any of these methods it is always easier on the person being interrogated to only have to answer yes or no until the walls of resistance start to crumble.

Associated Actions/Routines:

For the simple interrogation, a private intimate setting is an excellent environment for the submissive to be emotionally receptive, prior to the questions coming out.

If possible, and the dominant is successful in soliciting an honest response from the submissive, the session can start and stop in this supportive manner. It is only when there is resistance, or some form of barrier to communicate openly, that a more intense interrogation method is needed.

For the more in depth interrogation session, the dominant should work gradually upwards from a calm and supportive to more of an authoritarian tone to get the desired response.

The questions asked should follow a similar migration, moving from easy and more interactive conversation to the tougher ones requiring simple yes or no answers.

Naturally, as a conversation progresses from easy to hard questions, most people will go from being able to interact emotionally and intellectually, to feeling more on the spot, or cornered. At that point, most of us get resistant to clear answers, especially if they incriminate us in some fashion. It then goes to reason that yes or no answers are best to keep a submissive engaged in the interrogation and not shutting down emotionally to what can be an overwhelming experience.

The dominant needs to be realistic when conducting an interrogation session and

understand that any interrogation is a leading conversation. This means that it is the dominant that is directing what the goals are from the interrogation, or even what answers are sought from the submissive, often discarding any perceived wrong answers.

With that said, you may have a session that starts as an interrogation and winds up being an important relationship discussion. If that dominant has maintained control of the conversation, what happens next is very much the dominant's job to redirect the session to what may suddenly become a much more important discussion.

Unlike the standard interrogation techniques, this conversion should take an opposite direction with the type of questions asked, migrating from simple questions and answers to a more complex verbal interaction.

Everyone's ability to handle an interrogation is different, so make a point to know what your partner's limitations are, as well as any emotional boundaries that should not be crossed. A good tactic to discover those emotional boundaries is to start with only a brief or simple interrogation and work your way towards longer and more intense sessions over time. Better safe than sorry, because you can't take it back if you push too far. Nothing will make a submissive panic and bail out of a scene or even the power exchange dynamic faster than convincing them they are incapable of handling what you intend to dish out.

For the really resistant submissive who requires help in letting the walls down, using an SM session and torture toys such as whips and floggers are a good way to achieve a deeper state of submission. For those who choose not to integrate a sadomasochistic component to the dynamic, the desired results can still be achieved, but a bit more creativity is needed to reach the same level of submission in the session.

Since sadomasochism is not the topic of this book, specific techniques or practices will not be discussed in detail. There are many other books that can teach you how to use things like floggers and crops. Integrating them with a practiced and knowledgeable hand should be an easy transition if the dominant has first mastered the mental aspects of the interrogation session.

A real breakthrough is typically not hard to identify as the answers will begin to flow much easier. When a big breakthrough is reached the dominant may even opt to continue the session until the submissive is able to openly state what was well buried away from anyone but themselves prior to that point in their lives.

If the point of an interrogation session is to get the submissive to push past modesty issues and open up to a perceived, but not yet confessed exhibitionistic tendencies, then real progress would be getting the submissive to say, "YES, I like it when people can see naked", or "Yes, I like wearing my collar in public."

For example, I once observed an interrogation session with a submissive that had a very

high pain threshold and was very strong willed. She craved very much being 'broken' as a masochist, and tormented dominants and sadists alike. Her goal was to challenge anyone's ability to break her through an S/M session, and truly dominant her will to resist.

She was the type that wanted and needed to be broken emotionally before real submission could occur. This was cleverly masked behind a challenge to push her past her pain thresholds as the definition of 'breaking her will'. Since many in D/S and M/S lifestyles are also into sadomasochism, this was an easy charade to uphold.

This submissive also was the type that feigned modesty over her nudity and sexual behavior in front of others. She presented her regular exposure to others in the local BDSM community, as forced compliance to her Master's will, not her choice.

The submissive thought she was getting into just another S/M session only to find the session ending not just with pain, but an emotionally intense interrogation. She had been placed spread eagle on a St. Andrews cross, facing a small group of on lookers, who had just witnessed her being tormented both on a pain and sexual level for an hour or more, where she maintained that same attitude of forced compliance.

As the pain and sexual tormenting intensified the questions began to intensify as well. To her dismay the dominant did not allow her the standard denials, instead making her admit the truth of her feelings.

Only whispered for him at first, her face flushed for the first time during the session, finally breaking down and repeating herself louder and louder, (at the dominant's insistence of course). Begrudgingly, she confessed that she loved knowing the others looked at her naked and exposed body, while she endured pain and sexual pleasure for their entertainment.

The loss of control was what she craved most, only truly feeling this by being made to confess publicly her secret desires. It was only that loss of control that could cause her to confess this knowledge to someone who could take that control from her, thus 'make' her confess it.

Although that example was not something closely related to high protocol training, the basic premise is the same. There will be times that the closest held secrets will need to be taken, no matter how much the submissive 'wants' to confess them.

Learn when, and how far to take an interrogation. Use these newfound communication skills appropriately, and interrogations will greatly enhance the ability to break through the toughest walls a submissive can put up, granting what both the dominant and submissive really desire, and total surrender.

These are just a few of the core tools typically used to aid in high protocol submissive training. What is actually implemented in your own submissive training is purely up

to the dominant and submissive involved in that training.

As with most things mentioned in this book, there is no real right or wrong way, just your way and commonly practiced ways.

High Protocol Rituals

Beth was fairly new to this whole idea of dominance and submission when she met Sir Lawrence. She was long since familiar with the bedroom fantasies that filled her mind, but actually living the life of a slave on a day to day basis was a little more challenging than she had expected.

She was getting used to all the new rules she had to live her life by and considered to herself that she was doing quite well considering how rapidly it had all changed.

This night had started out with a few of her new domestic rituals he had instructed her to do, and as what was typical so far, wound up in a couple hours of the best sex she'd had in quite some time. They were basking in the aftermath when Sir Lawrence suddenly got up from the bed and left the room.

Assuming he was going to the bathroom, she stretched out and began to get comfortable in anticipation of a good night's sleep when he re-appeared as fast as he left. In his hands he held a leather ankle restraint that was attached to a 10' length of chain. A small lock was attached between the restraint and one end of the chain, while two other hung open. One lock was attached to the other end of the chain and the last from the buckle of the restraint.

"What is that for?" exclaimed Beth, her voice and expression suddenly shifting from blissful, to a little nervous and slightly indignant.

Sir Lawrence didn't miss a beat, his serious and commanding tone holding firm despite his sudden urge to laugh at the sight of Beth's uneasiness. "It's a bed chain," he said. "It is used to secure a submissive to the bed when her service is no longer required for the night." He left a deliberate pause then, and waited for the question he knew was coming next.

With a very uneasy tone Beth stared hard at the bed chain and said, "What are you going to do with it?"

Her question was almost immediately answered as Sir Lawrence extended the bed chain towards Beth and placed it in her reluctant hands. "You will take this bed chain and offer it to me each night like this," he said. He maneuvered her arms and hands into an outstretched position towards himself as if offering up the chain in some sort of ceremonial offering.

Beth's quickly developing fear of this object was beginning to show as she tried feebly to resist the actions she was being placed in as he spoke. Her voice taking on a completely involuntary response as the words spilled from her lips. "You want me to do what?!"

A slight chuckle finally slipped out from Sir Lawrence's lips as he tried desperately to contain a smile. He was not joking, far from it, but he'd seen this response before and knew how it would quickly change in the days and weeks that would follow, to one of an almost desperate need for this very object that Beth currently treated more like a hot potato.

"You will offer me this bed chain and request it to be put on each night before retiring for the evening. Then each morning when you rise, you will ask for it to be removed in exactly the same manner," Sir Lawrence continued. Again, he left a deliberate pause for the question he knew would follow.

A look of out and out shock filled Beth's face as the realization of what he was saying filled her mind. She was used to the collar around her neck and even got a bit excited by the feel of it now, but this was just going too far! She stammered the next words in an attempt at a slow deliberate question to be sure she had heard him correctly. "You want me to ask you to shackle me to the bed at night?"

"No," said Sir Lawrence in a serious and firm tone which left no room for any more questions. His look changed from amused to one of authority as he continued. "I expect you to beg me to do it."

Different than the training tools previously described in the last chapter, High Protocol Rituals are routines used in a consistent manner to reinforce the mindset and activities that define and differentiate a High Protocol dynamic from a simple dominant/submissive relationship. Whether it is the use of submissive positions, defined speech techniques, or ritualistic activities performed by the dominant and submissive daily, these are without question some of the most important defining aspects of a High Protocol lifestyle.

Ritual: Inspection

Purpose/Use: Why do you inspect a submissive? There are a number of things you can inspect a submissive for. You can use it casually to simply see if they are dressed as instructed, prepared appropriately for an event, outing or just to remind them that you, the dominant notice them and their appearance.

On a more formal note, it can be used to heighten the submissives mental awareness of their behavior, dress, and service to the dominant. It can also be used as a spot check to ensure some form of protocol or instruction is being complied with appropriately.

Say for instance, you told the submissive to wear a specific dress for an evening on the town, but told them also to ensure they had shaved their legs and not to wear any undergarments. You would use inspection to ensure the submissive was prepared as

instructed before departing.

Inspection is also commonly used to inspect a submissive for suitability prior to choosing collar that submissive for service to a dominant. The uses are of course unlimited for this ritual, which serves well as a core focusing tool for a submissive.

The Inspection ritual is used for a variety of situations and it would be impossible to detail all of them in this book. The summarized list below is just a sample and the most common uses for this ritual.

- As part of the formal consideration process for collaring a submissive

- As part of the actual collaring ceremony

- As an impromptu inspection of a submissive to check for compliance in regards to dress, grooming, or hygiene expectations

- To display a submissive in a public or semi-public setting, for one or many to inspect visually or physically

- To put a submissive in a formal posture and heighten self-awareness of body, surroundings, and mental state

- Or simply to focus a submissive prior to lecturing or giving instructions.

This ritual is started with the dominant telling the submissive to “Present” or “Prepare for inspection”. The command, “Present for Inspection”, tells the submissive to assume either the standing or kneeling presentation position and await the dominant’s inspection. Typically the standing presentation position is used unless the dominant is more specific and says, “Kneel for Inspection”, for instance. The specific position the submissive is supposed to assume is something that they should have learned during their formal training.

The submissive should know which the dominant prefers, or which to use in default if a specific choice was not specified. The submissive should also know any other specifics the dominant wishes when presenting for inspection. For instance, some dominants may insist that the submissive strip naked before assuming the presentation position to be inspected. Others may want this to be an immediate response for impromptu inspections, and to have the submissive strip prior to inspection only when told to ‘Prepare for inspection’.

The, ‘Prepare for Inspection’, command alerts the submissive that they are to complete certain predetermined steps before standing in front of the dominant and assuming the presentation position to await inspection. These predetermined steps are up to the dominant and should have been explained to the submissive during their formal training.

Although the above example is one method of preparing for inspection, another is to

notify the submissive they are to depart the dominant's presence and 'prepare' themselves thoroughly prior to returning for the inspection.

Such preparations could include, bathing, grooming, using the restroom, dressing in specific attire, shaving any required parts of their body, or even ensuring they are in a heightened state of arousal and ready for use by the dominant.

Be creative, but be consistent. If the dominant wishes specific preparations that the submissive hasn't already been made aware of, they should inform the submissive at the time they are told to go and 'prepare'.

The submissive should not have to ask any questions, only obey immediately. The dominant may want to explain this and let the submissive think of it as test time.

Psychology: Just the mere knowledge that the dominant could and will direct a submissive to prepare or stand for inspection at any given time does a lot to keep a submissive focused and obedient.

For example: If they are told to remain clean shaven at all times or they will be punished, is a submissive more likely to comply without direct supervision if they know they are subject to spot inspection? Of course, as they are also more likely to stay focused with directed protocol in general. Simply knowing the dominant can and will be able to snap the submissive instantly back into formal protocol mode, with a simple command, should be enough.

You may even find that after only one or two inspections the submissive will anxiously anticipate future inspections.

Description: This is an actual inspection of the submissive on both a physical and verbal level. Once the submissive has assumed the proper inspection position, you can go many directions with the inspection. It can be restricted to merely a question and answer session, compliment that with a non-contact visual inspection of the submissive's body, dress, and posture, or do a complete tactile inspection of the submissive. Tactile inspections can be done to whatever extent the dominant desires for that specific inspection.

This process begins with the commanding the submissive to either 'stand' or 'prepare' for inspection. The submissive should then respond in turn by taking the proper action, as they have been taught to do during their training, and previously described.

Once the submissive has assumed the proper inspection position in front of the dominant, which should be approximately 3 feet in front of the dominant, the dominant will begin the actual inspection process. The actual ritual has already begun however, from the moment the initial command was given.

The dominant should always start the inspection in the same manner as well. Consistency is important with any ritual so be consistent in how you start and stop the inspection ritual too. Typically this begins with a visual inspection from the point the dominant was standing when the submissive assumed their inspection position. The dominant should take their time and not rush this process. The visual inspection will set the tempo for the rest of the ritual. A thorough visual inspection combined with a healthy pause from time to time, will also typically initiate a good mental state of self-evaluation within the submissive.

Watch for this mental state in the submissive's body language and eyes. A sharp dominant will be able to see it begin, if it hasn't already occurred from the moment they were told they were going to be inspected.

Now is the time to take the inspection to the submissive. Make it visual, verbal, tactile, and emotional. If the dominant is into energy work, let the submissive feel that energy connection. The point is to reach deep within the submissive's mind and have them feel the closeness of the dominant to their core.

The dominant should circle the submissive as they inspect the submissive very slowly. At no time should that connection be broken, so use tactile sensations, as well as verbal, while the dominant circles. If visual contact is broken with the dominant, tactile contact should remain.

As the dominant moves behind, heighten the verbal stimuli to compensate for the lost visual. The dominant should probably lean in closer and talk more softly, yet never losing that commanding tone so that the words are felt on the ear, neck and cheek, as well as heard. In this heightened state of awareness, just the feeling of a dominant's breath on the submissive's skin is a great enhancement tool.

The dominant should always follow a specific pattern or routine while inspecting, such as starting at the submissive's head and working downward to completion. Going head to toe, then back up to end upon the genitalia is a common and effective approach for intimate inspections. The goal is to steadily intensify the heightened state of awareness of both self, the dominant's presence, and control over the submissive.

If the dominant is mentally sadistic at all, they should have no problem enhancing this state of mind in the submissive, through this form of mental 'teasing', till they have the submissive hanging on every word or movement.

Ending an inspection with the submissive left hanging at the pinnacle of this experience can make for an interesting time following the actual inspection.

As the dominant, it is important not to be shy about your actions or words during the inspection. The dominant is in control and the submissive should never sense hesitancy or fear in the dominant. The submissive is on the metaphoric, if not physical block,

and no longer in control over what will happen to them. They are literally there to be voluntarily judged and inspected by the dominant. They should feel a vulnerability and invasion into the deepest part of their being for an inspection to have the best result.

In the most intense personal inspections, sexual intimacy can be a powerful tool. The submissive can be inspected to reveal the most intimate of secrets. Make the submissive answer questions they might otherwise be too afraid to answer, but ask pointed questions. Do not give them control over how they answer. Test their ability to allow their body to release in orgasm while holding position. Even more challenging can be retaining self-control, and deny themselves an orgasm despite physical pleasure the dominant is administering. The dominant may even wish to inspect the submissive's prowess at pleasuring a dominant orally before the inspection is concluded. The submissive can be moved into any position desired during an inspection, but should always feel as if they are still on that inspection block throughout the process.

The dominant should be thorough in giving the inspection if not done for a specific purpose. Think of how a medical doctor does a physical exam. From head to toe, there is hair, skin, eyes, lips, teeth, scars, tattoos, body piercings, nails, makeup, smell, taste, posture, response to stimuli, and self-control. There is the ability to speak openly or honestly about uncomfortable topics, ability to reach orgasm, ability to control or release their emotions, and pain tolerances that can be inspected among an infinite list of other possibilities. Don't short change the process by not thinking through how it will be executed first.

More detailed examples and a description are outlined in the execution of ritual section below. Keep in mind however that the inspection can be used for many different purposes. As we have previously mentioned, it can be as part of a collaring ceremony, consideration process of a new submissive to be trained or collared, evaluating if a submissive has obeyed dress or hygiene instructions, or to put a submissive in a heightened state of focus for an event, as in the example below. The limits are pretty much restricted to the imagination of the dominant doing the inspection.

Reinforce your actions and instructions while doing the inspection. Reinforcement should include verbal reminders, scolding, swats or other painful stimuli, if the submissive moves, speaks out of turn, moans, or orgasms without permission. It is important to remind the submissive they must control their body and their reactions during the inspection.

Execution of Ritual: For purposes of covering all the bases we will outline a complete tactile, visual, verbal, and intimate inspection of a submissive. The dominant is expected to alter, enhance, or shorten the inspection process, as appropriate for the specific use

intended.

For example purposes, we will narrate an inspection of a submissive woman who is owned by the inspecting dominant who is inspecting her prior to taking her to attend a high protocol dinner.

The dominant, Master Gregory for this example, calls his slave Jess to him prior to leaving for the evening's event. "Jess, come here and present yourself for inspection", he calls out to her. Jess had just finished getting prepared as her Master had instructed, then hurried her pace from the bathroom to the living room where Gregory awaited her.

Seeing Master Gregory standing in the center of the room, Jess positions herself approximately three feet in front of him and quickly assumes the standing presentation position, just as she knows she should do when told to present for inspection.

Gregory takes his time before saying anything further to Jess, his eyes roaming Jess's form liberally in overt gestures that he is sure Jess will notice, despite her eyes being fixed on an imaginary point in front of her. He moves toward Jess slowly only after several seconds of looking her over from the short distance and begins a slow and deliberate analysis of her body from the top of her head to her toes.

Her hair, make-up, breath and earrings are among the items he checks closely before moving his gaze and touch from her head to her neck. His fingers then settle on the leather collar about her neck briefly before moving on.

"My favorite perfume, very good my pet", he says casually as he continues the inspection. Although it is not needed, he knows that she responds well to his voice. He is also fully aware of the heightened state of arousal his voice creates in her when he speaks in that firm and controlling tone he is currently using. The inspection might be seen as degrading to some, but being looked over closely like a well bred horse sends her into an almost immediate state of arousal.

Gregory will talk to Jess this way throughout the entire inspection to keep the inspection process fluid and Jess's mind focused on both the inspection and the power exchange dynamic they share. He knows this will set the mood he wishes have for the evenings activities.

Gregory work his way down the length of Jess from her neck, breast, arms, hands, stomach, and waist as he slowly circles her. His words and touch keep her acutely aware of his activities as he touches each place on her body he is inspecting. In this case, the slinky and sexy dress she wears was the one he had told her to put on for this evening. He also measures how it fits against her skin. The overall look are evaluated as well as details such as how well her breast fill it out, as well as the way it hangs off her hips and thighs.

Greg questions Jess from time to time, the questions focused on querying her on her compliance with his earlier instructions to the letter, and reminding her of who and what she is to him. This too helps quicken Jess's heart rate and keeps her mind racing. She

wants to be found pleasing so she works hard to be perfect for him. His inspection only reminds her that her efforts are not going unnoticed. His attention and her efforts to prove how well she followed his instructions both contribute to her building arousal and anticipation of the night ahead.

As Gregory passes her hips with his inspection, he kneels down partially to allow himself to run his hand over her thighs lightly, checking to ensure her legs were shaved as instructed. Then raising her mid-thigh length dress in the front, he visually inspects that she remembered not to put on any panties, as he had also instructed. He runs his fingers over her pubic mound lightly again checking to ensure it is as bare and smooth as her legs, then smiles slightly as he comments on what he finds. "Good, just as I like you to be for me."

He rises suddenly, pulling his fingers abruptly from her mound, easing her temptation to push into his touch. An act Jess knows is strictly forbidden when told to hold her position, but never any easier, no matter how many times she has experienced this process.

"Bend!" He says just as abruptly. She immediately bends at the waist, her hands lowering from behind her neck and grasping her ankles as she knows she should when commanded to bend. Her long hair now flows freely towards the floor as he raises the back of her dress over her bare buttocks. His hand once again trails over the flesh of her buttocks, then trails between her cheeks towards her anus, as he inspects the placement of the butt plug he'd instructed her to have firmly in place for the evening. Again he comments as he inspects showing his approval of her compliance.

"Stand," he commands as he continues in his worn circular path around her once more. Instantly she returns to the standing presentation position, a shiver running through her as his fingers trailed from her bottom, around her hip, and towards her pubic mound once more. Gregory stops once more in front of her, his finger parting her lips, then pushing his finger deeper between her legs. His finger moves lightly but steadily against her clitoris as he speaks once more. "Whose are you slave?"

Her voice breaks slightly as she finds her own voice in response. "Yours, Master."

He watches her closely now, measuring her ability to hold her position without emotion or movement despite the pleasure his finger is giving her. Her body's reaction is also being tested now, as her growing wetness becomes noticeable to his touch.

Gregory continues to torment her this way as he visually lets his gaze lower to her thighs, calves and feet. The anklet he wanted worn hanging off her ankle now hovers over the strapless shoes he had told her to wear with the dress.

At this point his inspection is complete, in the sense of ensuring she complied with his dress and hygiene requirements, but he wants her ready and mentally focused for a very high protocol dinner. He also wants her mind filled with nothing but him and his pleasure this evening. The eyes of his peers should see him with respect, and Jess with desire, even a twinge of jealousy, as they see her serve him flawlessly with lust for her

Master in her eyes.

Gregory teases her sex until she thinks she can take no more, and then he pulls away suddenly. His hand brought up towards his face in an exaggerated motion to breathe in her sent as he speaks. "Now you are ready, my pet. Heal."

Her Master turned and moved towards the door as Jess lowered her arms from behind her neck and followed him in the proper position, three paces behind and to the left. Her mind and body, both now, prepared and focused for the evening ahead.

Caution/Concerns: The very nature of this ritual puts the submissive in a vulnerable state both physically and emotionally. It should of course be used responsibly and the dominant should take care to ensure the submissive is well informed of what the inspection ritual will, or may consist of, as well as what its purpose is, well in advance of actually conducting the first inspection of each type with the submissive.

Commanding a submissive to submit to a potentially humiliating or degrading experience, when you have not already established a trust dynamic with them, is not a responsible act for a dominant. It can be a gross breach of trust and the submissive's limits.

Since this ritual requires obedience without question, not establishing consent prior to the execution phase, puts the submissive in a unique place of having to obey non-consensually, or openly defy the dominant.

You should never put a submissive in such a situation. Act responsibly, and know your own limits as well as the submissive's. Ensure that all activities engaged in with the submissive are done so in an informed and mutually consensual nature.

The dominant should also consider, at the conclusion of an inspection, if the mental, emotional, or physical nature of the inspection was intense enough to require aftercare. If so, give aftercare to help bring the submissive back to a focused and safe mental or emotional state of mind before going any further.

Ritual: Walking the Compass

Purpose/Use: As a quick focusing tool to remind the submissive of both awareness of High Protocol behavior, and proper mindset.

Psychology: It is often useful for the submissive to be reminded of the level of formal protocol to be used both privately and publicly. Any submissive can, and regularly will, get too relaxed or unfocused, maybe even lapse into casual behavior when they should be in High Protocol mode. Although it is important for everyone to have moments of relaxation and be able to cut loose, for a submissive the transition back to formal protocol may be a transition that they struggle with from time to time. They may even be something the submissive needs or desires the

dominant to assist them with.

Whether in a private or public setting, it is very useful to have psychological tools and rituals that aid in a rapid transition, but does not concurrently set the submissive up to fail, by pointing out the negative.

This ritual instead refocuses the submissive on the positive and mutually desired nature of their service to the dominant, while concurrently offering a very nice display of protocol you both can be proud of, versus less desirable behavior that may lead to a potentially embarrassing or punishable situation.

Description: This is a question and answer session that lasts only a minute or two. The ritual requires both dominant and submissive to focus their minds to the core nature of the power exchange and protocol levels the dynamic is founded on. It can be used in both private and public settings, but serves best psychologically as a public display.

Through the series of questions and answers the submissive is required to move, speak, and react with very specific actions, words, and body language. This ritual subsequently gives a very public declaration of the submissive's service and devotion to the dominant, while also demonstrating their level of training and formal protocol known. The result puts the submissive in a hyper-focused state of high protocol service, and forces them to confess their level of willingness, and desire, to serve the dominant.

This can be especially useful as a tool to pull a submissive back in line when getting a bit too relaxed, rebellious, or bratty in a public setting. It can also be used as a preparatory ritual, or realignment ritual, before or after directing a submissive to perform some act or other ritual that may push their comfort zone, or modesty level.

Execution of Ritual: The Dominant calls the submissive to the standing presentation position then says: "*Who's are you?*"

The submissive obeys then responds with: "*This slave belongs to you, Master, (or Mistress).*"

The Dominant says: "*Turn 90 degrees to the right.*" Then waits for the submissive to obey before saying: "*Why do you belong to me slave?*"

The submissive responds: "*To serve your desires, Master, (or Mistress).*"

The Dominant then says: "*Turn 90 degrees right.*" Again waits for the submissive to obey before continuing with: "*And how do you serve me?*"

The submissive obeys then responds with: "*Through absolute obedience, Master, (or Mistress).*"

The Dominant then says: *“Turn 90 degrees to the right.”* Then waits once more for the submissive to obey before continuing with: *“How do you obey me slave?”*

The slave then obeys and responds with: *“Through surrendering to your will, Master, (or Mistress).”*

The Dominant then says: *“Turn 90 degrees to the right.”* This places them back facing the Dominant. The Dominant waits for the submissive to obey, then says: *“And when you have done both of these, what are you permitted?”*

The submissive obeys and responds: *“To serve your desires, Master, (or Mistress).”*

The Dominant then says: *“What are you?”*

The submissive says: *“Your property to be used as you desire Master, (or Mistress).”*

Caution/Concerns: This is a very formal protocol session that if used in a public setting can draw much attention from bystanders. Although it can impress everyone with your skill as a dominant and fill the submissive with pride through their display for all to see, it also can serve as a bitter sweet example, if improperly performed. There is nothing worse than using this ritual to correct an improper public display and blowing it by not doing it properly, or one of you forgetting what you are supposed to say and do. Equally, it does not speak well of your own knowledge as a dominant, or your expectations of the submissive if you, the dominant, can't remember what you are supposed to say next.

With this ritual, the dominant has as much to say and do as the submissive, so be cautious and prepared to conduct this ritual flawlessly, or reserve it for a more private setting until you are confident you can impress all with the display.

Ritual: Bed Shackle or Sleeping Collar

Purpose/Use: To secure a submissive to a limited range of movement during hours of sleep. This can also be used to formalize a sleeping schedule and routine.

Psychology: When trying to live a high protocol power exchange dynamic on a 24/7 basis there are many things that can come in the way and disrupt that dynamic. The biggest danger is that it gets lost in the day to day routine with vanilla life tending to take over and bringing the mundane to what both would much rather was a constant mindset of dominant and submissive. To combat this there are different routines and rituals that can be implemented to help both the dominant and the submissive remain aware of their own responsibilities, as well as their mindset, within the power exchange

dynamic.

The use of a bed shackle or sleeping collar accomplishes two important things. First it gives a physical and mental reminder to the dominant at the beginning and ending of each day. This reminder is quite simply that he or she owns and is responsible for the submissive requesting to be shackled or released for the day. Second it serves as a similar reminder to the submissive of their status within the relationship when they have to ask their dominant each night to be chained, collared, or shackled to the bed, and subsequently released for the day, the following morning.

This is often seen as demeaning or a highly uncomfortable experience at first, due to a few nights of a cold or noisy chain disrupting everyone's sleep throughout the night. However, rarely will it remain such a nuisance. In most cases, what seemed silly or uncomfortable quickly becomes an essential part of the sleep routine. The tool quickly serves to remind the submissive they are owned and cared for, thus becoming a security blanket of sorts. So much so that the submissive can become so dependent on a bed chain, that a good night's sleep without one is nearly impossible.

Despite all the stresses of the day, and the encroachment of the vanilla world all around their relationship, both the dominant and submissive are likely to find it not just a physical anchor, but a much wanted emotional anchor to the foundation of the dynamic between them. What was looked at strangely at first could evolve into an even more entailed form of bedroom bondage, or a more elaborate ceremony, depending on the degree of stability this simple ritual brings to the relationship.

Description: The bed shackle is best accomplished with a light leather or cloth ankle cuff that fits comfortably on the submissive. Comfort is the key factor when choosing the shackle unless discomfort is the actual goal in mind. This should be attached to a length of chain by a lock and the chain subsequently attached to an anchor point on the bed, floor, or wall, by a second lock. Do not forget a third lock for the shackle itself since nothing is more secure than the weakest link. The mental goal is to make the submissive feel they cannot get free on their own.

Alternately some people use a soft collar to secure the chain to the neck versus the ankle. Use extreme caution if securing the submissive by the neck. Restraining a submissive via a collar is not usually recommended since the risk of strangulation during the submissive's sleep from the chain is a constant threat. Damage to the submissive's neck is also possible from any sudden jarring motion caused by a sudden absence of additional chain when moving about the bed during the night.

(Disclaimer: The writer and publisher of this book take no responsibility for accidents

that may occur if you choose to restrain a submissive via a neck collar. It's not ever safe!)

It is recommended that the chain be long enough for the submissive to reach a bathroom unless the dominant wants to be woken up each time they need to use the rest room during the course of the night.

Execution of Ritual: This can be as involved or simple as the dominant wishes with little effect on the overall importance, or outcome, of the ritual. The fundamental basics of this ritual are that the submissive should ask to be shackled or collared at night, and released in the morning. The dominant should be the only one, who locks or unlocks the submissive into the shackle or collar, and the submissive should not have a means of getting free of the restraint or collar, without the dominant's key.

A typical example of this ritual would be the submissive holding up the shackle or collar and asking the dominant to secure them for the night, or release them for the day, as appropriate. The submissive would then assume a predetermined position, or simply expose the neck or extremity to be secured, and await the dominant to perform the act of securing it in place, or removing it.

If these tools are found desirable by both parties and you want to take it further, you can opt to perhaps add wrist and/or waist restraints, and perhaps even shorter lengths of chain securing wrists, ankles, and/or waist, to the neck, or each other. This can give a very intoxicating sensation of sleep bondage that will still allow a degree of movement for normal sleep patterns.

Caution/Concerns: This unlike most rituals is conducted through periods of sleep by both the dominant and the submissive. **Extreme care should be used in ensuring you do not create a life-threatening situation by strangulation.** For this reason an ankle restraint is often the only restraint used for a bed shackle. The chain typically remains located near or on the foot of the bed.

A chain is typically used instead of a rope or nylon cord for both the mental and the physical aspects. The chain is heavier therefore excess lengths of chain tends to fall out of the bed to the floor reducing the endangerment of entanglement.

When a sleeping collar is used you have to take great care to ensure the submissive doesn't roll around in their sleep and wrap the chain around their neck.

When opting to use a sleeping collar you may want to forgo the physical chain and use a collar alone or use it in conjunction with an ankle shackle that is secured to a chain.

The sleeping collar would be secured with a lock as well so you also want to ensure it's not too tight as to cause strangulation or restricted blood flow to the brain from any swelling of the neck in the night.

When using ankle, wrist, waist, other supplementary restraints, or lengths of chain, ensure that they are not too tight and account for normal swelling of limbs during a typical night's sleep. Ensure additional chains are long enough for the desired comfort level, but not so long that they can become entangled around the submissive, or the dominant's, neck during the course of a restless night's sleep.

Nothing will put a faster end to this ritual, and maybe one of your lives, than cutting off the blood flow to an extremity, the brain, or strangulation.

Lastly you want to ensure you do not use any materials that may cause a heat or allergic reaction with the submissive in their sleep.

Ritual: Greeting or Presentation

Purpose/Use: It is common for a dominant to want a submissive to approach and/or greet them in a specific manner. This can incorporate several different protocols such as eye contact restrictions, slave positions, and speech restrictions. The one consistent component of this type of ritual is that it always occurs under the same circumstances and is typically expected every time those circumstances occur.

For instance, if a submissive returns home, approaches their dominant, or otherwise comes into the dominant's presence, the dominant may wish the submissive to kneel and greet the dominant with a specific greeting or set of actions. In a group type situation, it may be a high protocol group itself that requires all their submissive members to greet or present in a specific manner to any dominant they approach.

Psychology: This is purely an exercise in acknowledging the dominant as a dominant and demonstrating a ritualistic type of respect towards that dominant. This is not unlike the way an enlisted person on the military salutes an officer. For the submissive this ritual helps focus mindset and gives them a way of expressing their respect and desire to serve or be found pleasing. Any of the smaller rituals like this one aid the submissive in their own confidence to be found pleasing as well as keep a high, or even low, protocol overtone on the exchange between dominant and submissive.

For the dominant, it can increase confidence and inspire a similar level of increased protocol in the dominant's interaction with the submissive. On a whole, this would be considered as much a mindset reinforcement tool as it is a ritual of respect.

Description: This ritual can have many names, but regardless if it is used for greeting a dominant or leaving a dominant's presence it has the same basic components. For a greeting, the interaction will do something like this:

The submissive should acknowledge the dominant's presence, and then approach in a respectful manner.

The submissive should then assume a proper slave position, (depending on the ritual used), to await acknowledgment from the dominant of their presence. In some cases a

simpler body language is used, such as just dipping the chin towards the chest in a more exaggerated nod to show respect. This nod may be held till the dominant acknowledges it.

The dominant will then acknowledge the submissive's presence and give permission for the ritual to be completed through that acknowledgment.

The submissive will complete the ritual steps based on that acknowledgment from the dominant.

And once the submissive has completed the steps of greeting, the dominant will either greet the submissive, direct the submissive to perform a task, have the submissive just remain in attendance, or even release the submissive to withdraw from the dominant's presence.

Then finally, the submissive will remain, withdraw or perform some other service for the dominant based on the dominant's direction.

Execution of Ritual: For demonstration purposes we will give two example rituals, although actual execution of such a ritual is purely up to the dominant to determine both the necessity of, and the exact steps that should be used. This should be fully explained and taught to the submissive before it is ever expected to be implemented.

Example 1: In this example the submissive is providing service at a high protocol dinner at their local BDSM club.

Sam, who is a member of the club's high protocol group and is serving at the dinner event, offering general greeting and beverage service for the dominants.

Sam wishes to greet a dominant woman who has entered the room who is known as Mistress Jade.

Sam moves across the room careful to not interfere with any ongoing dominant conversations until he reaches a spot approximately three feet in front of Mistress Jade. Sam then lowers himself to his knees, assuming the proper kneeling position that his training has dictated for such an introduction, and waits there in front of her.

He was careful not to make eye contact with Mistress Jade as he crossed the room, and now keeps his gaze on the dominant woman's feet as he waits to have his presence acknowledged.

Mistress Jade has just noticed a fellow dominant friend who she greets and speaks to briefly, all the while ignoring Sam.

Only after the fellow dominant has been greeted does she look down and acknowledge the submissive at her feet. "Yes, boy?" she asks casually.

This is Sam's queue to speak up and complete his greeting ritual. Sam keeps his gaze on Mistress Jade's feet as he says, "Greetings Mistress and welcome. May I get you something

to drink or perhaps an appetizer, Ma'am?" He falls silent once more, having only spoken once given permission or asked a direct question.

It's Jade's turn now to respond appropriately. She pauses briefly before answering, her gaze moving over the submissive briefly evaluating his posture and overall appearance, then speaks giving both her response and direction for Sam's next action. "Thank you, what are you called boy?"

Sam now knows the woman wants to speak to him beyond the initially offered service even it is just to know his name. "Sam, Mistress", he answers directly. Once again falling silent since he was not asked anything more than his name.

"Hello Sam, it is nice to meet you. I will have a ginger ale." She says simply. Jade then turns her attention to someone else in the room, no longer acknowledging Sam's presence in an obvious manner, yet remaining keenly aware of his every action.

Sam takes this response to direct his next course of action to complete the initiated ritual. "Yes, Ma'am", he says as he rises and backs away three steps from Jade while still facing her, his gaze remaining lowered throughout.

Only after having backed away from her presence does he turn and move away at a full pace to retrieve the drink Jade asked for.

Example 2: This example will be of a submissive woman entering a room and greeting her Master who just returned home. He has come in the house and immediately sat in his favorite recliner to relax after a hard day at the office.

Sarah heard the door close and her Master call her name only a moment before. She sprang into action as she knew it was her daily ritual to do, and headed towards the living room where she knew he would be. Crossing the room at an energetic pace she falls to her hands and knees about ten feet before she reaches him. Crawling the last short distance till she is directly at his feet, and then lowering her head towards the floor. Her hands extended forward to wrap tenderly around her Master's left foot and cradling it as she brings her lips forward. In a loving and devoted manner Sarah then places single a loving kiss upon the top of his left shoe.

This process is repeated to the right foot and shoe without moving from her current position. Her ass rises much higher than her head and shoulders in this position, with her cheek now nuzzling his shoes as she speaks for the first time. "Welcome home Master, this girl has missed you very much!" Her energetic tone only serves to enhance her obvious pleasure with his return.

Robert, who is Sarah's Master, is still sorting through the pile of mail in his hands as this ritual unfolds. He always chooses the moment he will acknowledge her presence, even though he is always fully aware of her every movement since she entered the room. Pausing for perhaps several more seconds he finally sets the mail aside and looks down

upon her directly. *“Hello my pet. Come and tell me about your day,” he says.*

This is Sarah’s queue to complete her greeting ritual as she rises up to her knees and rest her cheek on his lap and begins to tell him about her day. Her arms wrapping about his legs in a tight hug, just the way she knows he prefers her affections upon returning home for the day.

This Sarah does happily, as she knows very well that he might just as easily dismissed her to return to her chores, instead of letting her remain.

At this point another ritual begins to unfold as he lowers his hand to stroke her hair and listen to her tell of the events of her day.

Caution/Concerns: You can have as many or as few rituals in place as you think appropriate, but it is important to follow through on any rules or rituals put in place from both the dominant and submissive perspective. Delivering on expectations goes a long way towards building and maintaining trust in a power exchange dynamic. Dominants are very good at filling up a submissive’s plate with dozens of things to do perfectly at all times, but they bear just as much responsibility to follow through on their own piece of the rituals if they want those rituals to be consistently performed by the submissive.

Failure to respond in an expected way consistently and appropriately will ultimately lead to the submissive either not doing the ritual properly, or at all, leading to a break down in the trust dynamic, if not the relationship itself.

Sound a little drastic for failing to follow through on a simple ritual like greeting your submissive? Of course it does, but the reality is that like many other things in life, the larger breakdowns always starts with small things, then progresses to the big picture.

Also be careful not to make rituals so complex they can’t be easily remembered by both parties. Whether the ritual has only a few steps, or a dozen, the dominant should take the time to teach them to the submissive and allow proper time for practice of the ritual, before expecting it done flawlessly when implemented.

Ritual: Drink Service

Purpose/Use: This ritual is used to provide a consistent and formal way of serving a drink to a dominant. As with all high protocol rituals there is only one right way to perform a task or ritual. The way a specific dominant has taught a specific submissive to perform that specific task or ritual.

Psychology: By having an exact way to serve a drink you create a very formal exchange between a dominant and a submissive that can create a more focused mindset within the submissive, while encouraging the dominant to control even the smallest interaction more actively.

For formal events, it can make a routine or otherwise boring activity, fun filled and exciting. For informal moments, it creates a subconscious tool to help keep a submissive focused on maintaining the appropriate level of protocol in the relationship dynamic.

Description: This ritual steps a submissive through the process of bringing a drink to a dominant and serving that drink to the dominant.

Execution of Ritual: For demonstration purposes we will revisit our submissive, Sam at the high protocol dinner event. *Mistress Jade has just sent him off to get her a drink. Sam has removed himself from the dominant's presence properly, and is now at the drink bar getting the requested drink.*

Once the drink is ready to be delivered to the dominant woman, Sam carries it back in the direction he last saw her.

Upon spotting Jade, he moves quickly, but not so rushed that he might risk spilling the drink. This time Sam stops more closely to Jade. His goal is to make the drink reachable by Jade without her having to move toward him in any way other than to reach out her hand.

Again Sam lowers himself to his knees, but this time he modifies his kneeling position to facilitate his hands coming together on either side of the base of the glass containing Jade's drink. The drink is quickly elevated to slightly above Sam's head as he holds his gaze downward.

This is a somewhat awkward position for Sam, but clearly highlights the drink, not Sam, in Mistress Jade's vision as she looks down at him.

Sam waits now patiently for Mistress Jade to notice and acknowledge his presence by taking the drink from his hands.

She may leave him waiting for a full minute or two, or she may opt to take the drink immediately, but in either case she takes her time to evaluate Sam's posture and overall appearance once more before taking the drink, or even acknowledging him in an

obvious manner.

“Thank you, Sam. You are released to serve the other dominants,” she says. She also offers Sam a small smile as she waits for him to withdraw.

Sam lowers his hands to the proper location for his kneeling position as soon as the drink is removed from his grasp and holds his position until he hears Jade utter the words of release from service.

Once those words are spoken he rises up politely, and then backs away once more, before turning his attention from Jade. Sam’s focus is now on finding another dominant in need of service.

Caution/Concerns: As it is with other rituals, if a dominant tells a submissive they must deliver drinks in an exact ritualistic way, the dominant must reinforce this rule, both encouraging and allowing the submissive to do it correctly, and consistently.

If the submissive is supposed to raise the drink above their head before giving it to the dominant, don’t snatch it out of their hands until it is in the proper position to be served. If the dominant fails to reinforce the exact nature of a ritual, the submissive will enviably begin to fail to perform it correctly. The submissive can come to feel like the dominant simply doesn’t care anymore.

Ritual: Routine tasks

Purpose/Use: We give a formal ritual to even small routine tasks sometimes for no other reason than to add reinforcement to a high protocol lifestyle, and give a clear answer or method to how a submissive should behave in most any situation.

Psychology: By having a specific ‘way’ of doing even the smallest task, you can create a high protocol mindset that can realistically keep a power exchange in place and active on a 24/7 basis.

It is not nearly so important that the ritual appears to be a formal routine, as it is that it’s performed by the exact steps taught, and subsequently enforced that way by the dominant.

It may seem silly to some, but if you give very specific rituals to perform with some tasks, and not others, a submissive may well come to feel they are not serving properly by doing the unspecified task in any fashion they want.

Submissives who embrace a High Protocol lifestyle will come to want, if not need to have a more formal method defined for them, so that they never feel like they can do any task just any way they want.

Always being in some level of formal protocol, no matter what they do in service to the dominant, can be very rewarding, if not addicting, to a submissive that is drawn to a

high protocol lifestyle.

Description: Since this can be most any type of task modified to fit a ritual, the important thing to remember when defining the ritual is to create a list of defined steps/tasks that complete that ritual, in a specific and repeatable manner.

Execution of Ritual: This sort of ritual can be executed under a specific set of circumstances, or at will. The nature of the ritual is simply a method of completing on or more tasks, rather than a series of actions/reactions that indicate the need to implement the ritual.

For instance, a routine ritual can define a task as mundane as doing the laundry. The dominant may stipulate that laundry must be done from beginning to end in the laundry room, all clothing ironed before being folded, or hung on hangers. The dominant can further define that all hangers must be plastic, and all laundry must be put away before the chore is considered finished.

Although this is in one sense simply outlining how to do a chore, it is still a routine ritual if the dominant requires it done that way every time laundry is done. The key difference being that the dominant ‘defined’ the actions and expectations of ‘how’ this chore was to be completed, rather than leaving it up to the submissive to do any way they please.

Caution/Concerns: A routine ritual is no less important than the most formal of rituals when it comes to keeping the proper mindset and focus for both the submissive and the dominant. If the dominant stops enforcing even the smallest ritual, all the others become endangered of being stopped as well.

Sooner or later every submissive will fail to complete a ritual properly. More often, and in bigger ways, if they think the dominant isn’t paying attention to the effort they put into it, or worst of all, simply don’t care.

Every ritual must be followed through on, or they become the catalyst to potentially much larger protocol and/or relationship issues.

If a ritual can be used as a way of testing and monitoring the focus and behavior of a submissive, then does it not also ring true that it can equally serve as a means of testing a dominant’s attention to detail, or interest, in keeping high protocol alive in the relationship dynamic?

Rituals serve to provide both parties a means of demonstrating their awareness and focus on a high protocol dynamic, but will also typically be the first warning when that focus or dynamic on a whole is breaking down. If you don’t think both parties will be fully aware when that happens, you are simply fooling yourself.

If you want to ensure you are building a recipe for success, don’t implement more rituals than you think that both the dominant and submissive can consistently follow

through on.

Ritual: Collaring Ceremony

Purpose/Use: The collaring ceremony is commonly used to formalize the establishment of a D/S, M/S, or High Protocol relationship in any form. Much like a wedding ceremony, the collaring ceremony creates a memorable experience that not only establishes the commencement of a collared relationship, it provides a familiar sense of change to the lives of those involved that we can all relate to. We once were individuals and we now are dominant and submissive.

Such an endeavor should never be taken so lightly that there is never even the simplest of ceremonies. If one or both parties don't find it demeaning to the relationship at the time, they will begin to later as they hear about others who did give the collaring the attention it deserves.

Psychology: As with any new relationship, the transition from a 'dating' status to a collared, committed relationship is a huge step. The mind needs some sort of formal transitional activity to ease the transition into the changes that are immediately to follow the placement of the collar around the submissive's neck.

For the submissive, they once were free to make their own choices, but now are owned and must be obedient to their owner, who they have given control of their life to. This is no small change for any person raised in this day and age. We are trained from childhood earn the right to make our own choices and not to ever give that up once we receive earn it. For some submissives it can be a natural change, for others a long and difficult battle.

For the dominant, what was once a fun or kinky play partner is now a responsibility to care for a submissive, and guide them into a life of service and submission.

It is a huge responsibility for the dominant, not unlike parenting in a way, to have the life of another who belongs and relies on you for all their needs. Underselling this responsibility almost always leads to disaster, and quite often a premature end to the collared relationship.

Description: There are multiple types of collars that can be put on a submissive as we discussed earlier. Each should bare its own type of collaring ceremony.

Where 'training', or 'consideration' collars, don't require much of a ceremony to establish the commencement of that phase of the collaring process, 'permanent' collars should be taken much more seriously. This rule pertains to the ceremony, as well as the relationship commitment.

The described ritual below is an example of a formal permanent collaring. Feel free to alter or integrate its use as you feel is appropriate for other types of collaring ceremonies.

Execution of Ritual: First you want to plan out the event in exact detail. Everyone involved will be caught up in the moment and emotions may be strong, so don't think you can just wing it unless you are doing the simplest of ceremonies.

If this is your first time doing a collaring ceremony, you may forget something unless you plan out the whole thing in detail ahead of time. In planning the event you want to cover the following seven points at a minimum.

- Prepare the location for the ceremony

- Gather the needed items to conduct the ceremony

- Prepare the submissive for the ceremony (they will likely rely on the dominant for this)

- Conduct your ritual, (as planned)

- Reiterate what the expectations of service are between the dominant and submissive during the ritual

- Gain the submissive's explicit consent 'prior' to actually putting the collar on them

- Introduce the submissive to their new life as a collared submissive

In planning the location for the ceremony you must decide first if it will be private or public in nature. Since collaring ceremonies are sometimes done with the submissive naked, it's a good idea to work out the details, and ensure the submissive will go through with the ceremony if they find themselves naked and on their knees in front of twenty of their closest friends. Next you want to ensure that all aspects of the location will be prepared ahead of time, such as lighting, music, necessary furniture, etc. Since every collaring ceremony is a bit different, feel free to use some creativity to create the mood and setting that you think will best help the submissive embrace, and take seriously a commitment to be the property of another. Make it memorable, after all this isn't something you do every day.

Don't leave out any detail as you gather the needed materials for the ceremony. Most remember the collar and not much else. Think it through from candles and other props, to the right music you might want to play. Set it all up before hand and then look it over for anything else you might have forgotten as you go through the ceremony in your head.

As the dominant, it is your job to inform the submissive how they should be prepared for this ceremony. Leave out no details when planning. Contrary to a wedding for example, the submissive will expect the dominant to define everything. Since they are most likely going to be doing their best to be submissive and obey the dominant's wishes, they are not likely to ad lib or do anything outside of your specific instructions. Go from bathing, body preparation, clothing or lack of clothing, and where and when to

be ready for your command to begin. The dominant will effectively be narrating the entire process, so make sure the submissive knows their queues, and what to do when they are given.

With all the pieces in place, you want to follow through with actual ceremony in a step by step, and easy to follow execution. Adding lib at this point can turn a great plan into a fiasco in no time. Remember, there are a lot of emotions on both sides of this event, and straying from the planned ritual is a sure fire way to lose track of your intended direction.

Once the ceremony begins do not put the collar on the submissive without going over once more what the expectations of service are, or if the submissive fully understands them. Also be sure that the submissive is still completely willing to commit to those expectations. After you put the collar on, is the wrong time to say, “oh yea, I also expect you to do X.”

Sample Ceremony: Once you have covered the above points and are ready to begin your actual collaring ceremony follow your defined flow of events like the example defined below. (Remember this is just an example, there are hundreds of ways to do the actual ceremony based on your needs and personal preferences.)

Instruct the submissive to prepare themselves for the ritual. This may include bathing, perfume, specific clothing, no clothing, hair style, or any other detail you wish to incorporate. This is also a good time to do final preparations to the ceremony location such as lighting candles and so forth. Unless you are doing the ceremony in a more public venue where you may have others to help, leave yourself enough time to complete all the steps yourself. This is one time you don't want to enlist the help of your future submissive.

When the submissive is ready, have them wait at some intermediate location till you are ready to begin the ceremony. Having the submissive kneel on a pillow outside the room that the ceremony will be conducted in is one idea.

When you are ready to begin, call in the submissive and have them assume a standing presentation position at a designated spot. Let them stand there a minute in silence to help set the mood, as well as getting them fully focused on their position and the room around them. The mental effects of this are priceless as they eagerly await what comes next.

Since this is a ceremony where you the dominant are supposed to be considering the submissive worthy to be owned and accepted, it is a nice touch to include an inspection in the ceremony. You should typically start in front of the submissive and work your way around them in a circular pattern, inspecting them in great detail. Even if you are already intimately familiar with their body, an inspection helps ingrain your acceptance and desire for them, despite any flaws they may feel they have. This is always an

important statement to make when examining the their body in its most exposed and vulnerable state. It says, "I see exactly what I am getting and desire to own you, just as you are." Don't be squeamish while doing your inspection. Tactile contact is very important so don't be afraid to also test their ability to control their physical responses to your touch. Inspect every inch of the submissive's body as intimately as you might your own, after all it is about to be your own. This act is reminiscent of inspections that were once done at slave auctions in centuries past. Keep inspections focused on the level of service the submissive is going to give. For instance, you would not want your inspection to be intimate in nature if the submissive is to provide domestic service only.

While conducting an inspection it is a perfect time to begin reiterating the terms of service, understanding of those terms, and acceptance of them. Consent is critical to proceeding to the actual collaring. Informed consent is even more important unless you want unexpected problems in the collared relationship that will follow. Make the submissive verbally express their understanding and desired consent to go through with the collaring. Confirm they are in a good state of mind to make such choices, and remind them what it will take to undo what they are about to do. Do not sugar-coat it when presenting what is expected of the submissive. This is a time to be brutally honest and build proper expectations in both your own and the submissive's mind.

When ready and the above steps are completed instruct the submissive to a kneeling presentation or collaring position as you desire. It is at this point you will take the collar in hand, have the submissive state one more time that they understand what is asked of them, and that they are willing to become your owned property. Make them verbally state their desire to be collared by you and to be your property, to whatever extent your terms of service dictate. It is one thing to just read some rules and later say okay, it's another to verbally state your desire to become someone's property to be used as set forth. This makes it much more real for everyone involved. If there is a contract to be signed or any sort of vows to be made by one or both parties, this is the time to do it.

Only once all the above has been completed to everyone's satisfaction do you proceed to the actual collaring portion of the ceremony. If not already in a proper position to receive the collar, instruct the submissive to do so now. If there is any sort of previous collar still on their neck, it is best to place your new collar on above the old one before actually removing the old one. This gives the submissive the sense of never being unowned or without a collar even during the transition from one dominant to another. This might also occur if the submissive is transitioning from a house collar to a personal one. This can be quite comforting to the submissive. If this isn't possible, remove the old one, then immediately put on the new collar. Locks are commonly used to symbolize the owner's singular ability to place on or remove a collar, especially when you the dominant hold the only key to the lock. If you chose to put a

lock on the collar, the collaring will be officially done when the lock clicks shut. As the collar goes on it is always a nice touch to talk to the submissive informing them how their old life is passing and their new life as your submissive is beginning. If you are going to identify them by a new name or pet name, this would be the time to inform them of what they will now be called and known by while wearing your collar. Reassure them of their choice to serve you and your pleasure in accepting their service. No one wants to hear the lock click and think, “Oh shit! What did I just do?”

Lastly have them conduct any concluding activities you may have set up symbolically, like lighting a candle or so forth. Having them crawl to any other location required to do these things is always a nice touch, but once completed you should have them rise and be greeted as your new submissive. If it is a public venue of some sort, this would be when you allow guests to come and congratulate you both as well as introducing the submissive to the guests as your newly collared submissive.

9) Once the ceremony is concluded you can conduct any reception type activities planned for public collarings or conduct more private conclusive activities if the ceremony is done in private. For example, some will choose to demonstrate what punishment is so the submissive knows what to expect at this point or at some point during the ceremony. You may also want to consummate the relationship as a conclusive action for private ceremonies. These are only recommendations however. Your actual activities throughout are purely up to you to determine.

Caution/Concerns: Given the serious intent of a collar, not even a training collar should be placed on by simply saying, “Hey you. Come here and put this on.” Give each type of collar serious attention. Make sure that the recipient of the collar knows what will be expected once it is put on and is both willing and wanting to proceed.

Also make sure they know what the criteria is for removing the collar and that they do maintain the free will to terminate the collared relationship at will, unless you want to open yourself up for charges of involuntary enslavement of another human being. As I will point out many times in this book, involuntary servitude may be practiced, but it is NOT legal and carries heavy penalties should you find yourself charged with practicing it.

Also, make sure that the submissive’s expectations are the same as your expectations. Neither party wants to find themselves committed to a collared relationship, even a simple training dynamic, under pretenses other than expected.

Taking a collar off is never done without hurt feelings and emotional distress by one or both parties involved. Even when it is a planned and expected event, breaking that bond has unexpected emotional responses. Be sure, be safe, and communicate, or you will wish you had before it’s over.

Ritual: Un-Collaring Ritual

Purpose/Use: This ritual is used only when a collared relationship has reached a point where it is irrevocably damaged to the point of termination. A ritual is used for the removal of the collar just as a married couple has to appear in court to finalize a divorce. It is not mandatory, but highly suggested.

Psychology: Since this is a very difficult time for all involved having some sort of ritual to follow makes what seems like an impossible process, easier to get through. It will also help both parties get a sense of closure and allow them to move on with their lives, painful as it might be to complete this one last ritual.

Description: This can be a simple ritual or as detailed as the dominant chooses. The exact execution is really up to the dominant and what the dominant feels the submissive is capable of doing without causing too much duress.

Execution of Ritual: All that is really required is for the submissive to be put in the same collaring position that was used to put the collar on originally. Then the dominant removes the collar and tells the submissive they are free to go, or that they are no longer serving the dominant in whatever wording the dominant chooses. Of course good tact and consideration of the submissive's feelings are highly recommended. Once the collar is removed, the submissive rises and says their goodbyes.

In more formal circles one less commonly used practice is to then take the collar to some remote unknown location and bury it, burn it, or otherwise destroy the collar. This gives comfort to the submissive in knowing that the collar they wore would never be placed on another neck or seen again. Of course you would want to be sure there will be no reconciliation before taking that final step. This can also help with the moving on process, since destroying the collar does in deed put a since of finality on the relationship.

Caution/Concerns: It is very important for closure for the submissive that they not be allowed to keep their former owner's collar. Possession of the collar almost always leads to a sense of hope or clinging to their past owner that is unhealthy for their own closure necessary to move on with their lives.

I've known several submissives over the years who managed to hang on to their collars for one reason or another and without exception the submissive always continue to see their previous owner as an owner still. It makes them unable to find a new owner if they wish to continue this lifestyle choice and hindered their mental health in regards to moving on with life in general. The collar is a central core symbol of a very deeply committed relationship that needs as clear sense of closer, as it did being established.

This has also served to allow the occasional dominant to use the former collar as a way to hang on to the submissive that has trouble letting go. The dominant leaves the

collar with the submissive then takes advantage of the submissives occasional return for the dominant's comfort, or attention. Commonly the submissive will call for advice on issues in their lives since in their minds, that dominant is still equal station as an owner, simply because they still have the collar to hold on to. This is never good and irresponsible on the part of the dominant.

In a 24/7 relationship dynamic you will also want to settle living arrangements and assets for the submissive that may be necessary. Putting a submissive on the curb with nothing but cab fare never goes over well, especially if the submissive contributed to the finances and household over any amount of time.

There is a difference between technically saying the dominant owns everything the submissive has, and taking advantage of that statement, subsequently kicking them to the curb with less than they brought to the relationship.

Do the right thing and show why you are the better dominant.

Defining Rules & Guidelines

Rules and guidelines are pretty straight forward. Every High Protocol relationship must have some rules and guidelines that both parties follow to avoid constant pitfalls and confusion. The dominant must have a baseline to gauge success or failure and the submissive must know exactly what is expected of them.

The following lists are just one example of some of the typical types of rules you might find in a High Protocol household or group. They are far from a complete list and do of course vary from dominant to dominant, so consider them only a loose guideline to get you started.

Slave philosophies serve as a foundation in the course of following House rules and guidelines.

A true submissive will willingly give up their personal ID, set their own agendas aside, and concentrate completely on the dominant's wants and desires.

A true submissive will keep their body physically fit, hygienically clean, shaven, and attired to their owner's desires, as it no longer belongs to the submissive, but their dominant.

Submissives will not tattoo, mark, scar or pierce themselves except that it is by their dominant's wishes.

A true submissive will exercise great care in avoiding activities that could cause injury and place them out of service.

A true submissive will NEVER question their owner's actions or decisions, as it shows a lack of respect and trust therefore causing a breakdown of the bond between dominant and submissive.

A true and loyal submissive NEVER gossips or shares private activities of their dominant or what occurs between them. A loose lipped or gossipy submissive is a threat to the dominant's respect among society, and proves a downfall to a well-run household.

A true submissive will hold their tongue in public, not speaking unless spoken to and then with respect as to honor their dominant. A submissive does not offer or divulge information unless asked and refers all personal questions to their dominant.

A true submissive never exposes themselves to anyone but their dominant, or behaves in a flirtatious manner, as it is self-indulgent and reflects poorly upon their dominant. Such behaviors should only be done for the dominant's pleasure, and at the direction of the dominant.

A true submissive will not provoke their dominant to ire or wrath as this proves total

disregard for their dominant's worth and status as the dominant. Times of discipline signal disappointment in the submissive's actions. They are not to be pleasant times, but times of edification.

A true submissive will not argue or bargain if discipline is invoked. They will take it without question or hesitation and thank their dominant afterwards, being grateful of their dominant's desire for them to become a better submissive.

A true and devoted submissive will carry out their duties with skill, so fully attuned to their dominant's wishes, that the dominant should never feel the need to acquire additional submissives to fulfill the submissive's lack of confidence or ability.

The submissive will always be prepared to properly present themselves to the dominant for inspection at any given moment, controlling their movements and actions until released by their owner.

General Service Protocols

All dominant's either of or visiting the House will be addressed as 'Sir', 'Ma'am' or 'Master', as appropriate. Those not identifying in the lifestyle may be addressed by their given name.

Submissives will kneel in the presence of a dominant as a form of greeting. The submissive should also verbally greet the dominant with the appropriate greeting, such as "Good morning Sir" (or Master), for example. Verbal greetings should only happen when the dominant is newly arriving/departing the home, or the presence of the submissive for a period of time. If the dominant is currently engaged in conversation with someone else, either in person or on the phone, submissives will wait silently to be recognized in the kneeling position.

Submissives are required to acknowledge the presence of a dominant when a dominant, or the submissive, enters either a room, the home, the immediate vicinity of a dominant with obvious intent to approach the submissive, or when a dominant departs the submissive's presence.

More simply put, a submissive should always start and stop any interaction with a dominant from the kneeling position whenever possible, and the act will not involuntarily 'out' the dominant or submissive. Verbal greetings, farewells, request to approach, or requests to be dismissed should follow the same rules.

When accompanying a dominant, submissives will walk approximately two to three paces behind, and slightly to the dominant's left or right side. Submissives within the house will be informed as to which side they are to walk on as a rule.

When in personal service to a dominant, and the dominant extends a hand when walking, it is a signal to take it and walk at his or her side. Do not make the dominant verbally tell you to take their hand. This will be taken as a rejection of this gift of affection and is disrespectful.

Never interrupt a dominant when he or she is speaking unless it is to inform them of a situation that the dominant would consider an emergency.

Submissives do not possess any property or possession of any type if owned. Submissives should therefore address objects in reference to the dominant's ownership of the object and refrain from the use of the words 'my' or 'mine'.

Submissives are property and are meant to be an asset to their owner, finding their place at their owner's feet and in full support of any decisions their owner may make. As such, it is not a submissive's place to question, debate, negotiate, or correct their owner, especially in the presence of others. As the saying goes..."Master may not always be right, but he is never wrong."

Submissives will avoid the use of personal pronouns anytime they are in training, High Protocol Mode, or at a formal event, and not in the presence of vanilla family, friends, or co-workers. In place of I, me, mine, or any other personal pronoun, submissives will either replace those words with a third person reference such as it, this one, or otherwise simply not use any word where a personal pronoun would have been used.

Submissives are not permitted use of furniture as a rule. There are some exceptions, but it is should never be presumed that a submissive can use any piece of furniture without

expressed permission from a dominant. This includes all furniture within their owner's home as well as any furniture outside the home unless it would raise undue attention from vanilla family, friends, or the public in general.

Examples may be office furniture, relative's furniture within their home, or public seating in a movie theater. This conditional use does not however entitle the submissive to ask every time furniture use is desired, nor to follow the rules only when their owner is present.

Toilet seat use is only permitted as a reward for exceptional behavior. Without such expressed permission, or in a period of formal training, submissives will refrain from sitting on a toilet seat by placing it in the up position before using the toilet. Toilet seat covers should never be placed down to be used as a chair.

Submissives are permitted the use of a large kneeling/sitting pillow for use when sitting or resting on the floor. If back issues are prevalent with the submissive, the submissives may lean back against furniture, such as a couch for back support while sitting on the floor.

Submissives are not permitted to stand or walk within any room designated as a play space or dungeon within their owner's home, unless it is absolutely required to do so in the course of cleaning that room. The only other exception is if they are in a designated spot within that room where they may stand to be restrained for their dominant's use, or a designated spot where they practice their positions. Submissives will always ask their owner's permission before presuming they are permitted to walk or stand within any other public or private dungeon play space, other than their dominants.

Submissives will keep all of their dominant's property well maintained and clean, per their dominant's directions. Domestic responsibilities are to be considered a privilege that the submissive is permitted to do for their dominant, and not an undesired burden. Treating domestic responsibilities as such is disrespectful to their dominant.

Submissives will never willfully conduct any act that will or may injure or otherwise put the submissive out of commission, thus making the submissive unable to serve as their dominant requires. Doing so puts their own desires ahead of their dominants, which is disrespectful.

Submissives will never say they are sorry. They are instead to say, “Beg your pardon, Master (Sir or Ma’am, as appropriate). This is to be used in both private and public settings.

Submissives will always greet their dominant upon his or her arrival to the home by kneeling before them, verbally welcoming them home and asking if they are in need of your service.

Submissives should also insure their dominant is comfortable in regards to drink, relaxing clothing, removing shoes, massaging feet or shoulders, or any other personal service their dominant may require. Do not make your dominant go looking for you when he or she returns.

If submissives are provided with a cellular phone they will ensure they have the cellular phone with them and that it’s battery has a charge when away from their dominant so that he or she might be able to reach them when necessary, or so the submissive might be able to reach their dominant when in need of them.

Submissives will not hesitate to inform their dominant if they have health issues ‘that their dominant’ would think they should be aware of, or if they have personal needs their dominant may be unaware of.

Submissives will ensure they take any medications or follow any instructions received from their dominant, or a medical doctor in regards to their health care needs.

Submissives will ensure they practice appropriate diet and exercise programs, to maintain a proper weight and level of physical fitness appropriate to their dominant’s requirements of service.

Submissives will keep clothing their owner has informed them are pleasing to them, ready to change into quickly if he or she commands, when at home.

When a submissive is given a new rule or directive from their dominant, they are to write the new instructions down in the form of email that can be easily cut and pasted into a document by their dominant.

The submissive will then send the document to their dominant for additions into the submissive rules, as well as clarification, to be sure the submissive understands the new rule or directive given.

As you can see these rules and guidelines can be quite lengthy. This particular example shows about one third of the actual complete document the sample was taken from. Some dominants chose to communicate their rules verbally, others with lists such as this, but all have at some basic rules of service. This is so the submissives will know what is expected of them, and how they should perform said tasks on a daily, weekly, or periodic basis.

Additional items covered could include punishment guidelines, rules for sexual service, etc. There is no right or wrong when drafting such rules, only the dominant's, personal preference.

There are some dominants that choose to keep rules down to a single page of general behavior while serving. Others may choose to not document any rules, only giving verbal guidance as they deem necessary. I've seen some dominants whose rules become a literal book of house rules containing as many as 50 pages or more.

Find your own mix that works best for you from this example or just write your own from scratch. Again, there is no right or wrong answer, just individual choice.

If you are defining a rule set for a High Protocol group, it is a very good idea to draft out the rules and expectations for both dominant and submissive behavior in detail to avoid any future problems. This may prevent a lot of confusion as your group takes on new members and grows in size. As with anything, layout the blueprints before you start building.

Part 4
Adopting a High Protocol Lifestyle

Living a High Protocol Lifestyle 24/7

Not everyone approaches the prospect of a high protocol dominant/submissive lifestyle with the same goals in mind. For many it is a progression from fantasy, to bedroom, to part-time reality, and eventually nothing short of living it 24/7 will satisfy their need for it.

In many cases, dominant/submissive lifestyles evolve from an already established couple who find an alternative lifestyle together. Whether or not a high protocol dynamic evolves from that exploration, the emersion of their new found lifestyle into their everyday lives can be a challenging one. It is for this reason among many others that many choose the well-structured dynamic of high protocol D/S.

The protocols and rituals of a high protocol dynamic can make for a much simpler transition. So long as they are all created around defining both day to day activities and special events, in a way where all parties involved have well understood and clear cut method of reacting, or performing their role, within the dynamic.

What becomes the difficult part in trying to practice high protocol on a 24/7 basis is the follow through. Meaning, living your life by exact rules, rituals and behaviors day in and day out, with all the numerous obstacles life throws at you, can be very challenging for both the dominant and submissive. It is for this reason that anyone trying to create a 24/7 high protocol lifestyle should try to mentally anticipate the obstacles to success, building their specific dynamic rules and rituals around those obstacles.

It would be very impractical to expect a submissive to be naked and fall to the floor kissing the dominants feet at the end of every work day, when there are three grade school aged children arriving home on the school bus one hour before the dominant gets home. Just because you may want it, doesn't mean you should practice it, unless you are sure you can follow through with it under any circumstances that are likely to get in the way.

Another way to get past these barriers to success is to build in alternative routines should the situation not be optimal for plan A. For instance, using that same example, when children are in the home, or expected to return at any time, the submissive could do this instead. Just 'walk' up to the dominant, take the dominant's hands in your own, then raise them up to kiss each in a loving manner. The dominant is recognized as such, with all due respect given. The submissive is able to express that same respect without getting child services involved, and neither have to give up the dream of living their lifestyle dynamic 24/7.

It is very important to keep reality the driving force and fantasy for the times when it is a luxury that is feasible, not the standard.

There is also a great deal of truth in the saying that, “if it’s not easy to remember and ‘do’ on a daily basis, it won’t happen.” Anyone can pull off a demanding schedule or routine for a while. It is the maintaining it on a regular basis that gets most people in the end. What happens when the submissive gets sick? What happens when the dominant is too tired to complete their end of the evening rituals? What must always happen and what can be overlooked or set aside under unanticipated circumstances? Can a submissive be expected to clean the entire house, cook dinner and be waiting at the door by 6:00 PM, kneeling and ready to serve their dominant, if they work a full-time job as well? These are important questions to ask yourself before you write the rules in stone.

Make provisions for the unforeseen. This is important not only to account for those unforeseen circumstances, but to avoid setting up either the dominant or the submissive to fail. Even if the reason is a justified one, it won’t necessarily prevent either person involved from feeling like they let the other one down or failed in their responsibilities. If there are contingency plans for those times then no one winds up feeling like the high protocol dynamic got parked just because something came up. It simply takes on a different set of rules to accommodate those little surprises life has in store for us all.

It is also important to note that many 24/7 dynamics fail simply because they put the proverbial cart in front of the horse. Many people find D/S, M/S, and High Protocol lifestyles long before they find a partner to share them with. After a while they naturally get impatient for something they feel they can’t live without and start compromising their standards or expectations to achieve it. The most common mistake is diving in too quickly when they finally do find someone who may just be the one they’ve been looking for. Perhaps even a long distance relationship develops, with neither party ever seeing more than a photo of the other, as well as some interesting phone conversations that have molded their dynamic.

A number of things can happen when those two people decide to establish a collared relationship that didn't have time to form face to face. First, one party can discover that the other party is far better at living it as a fantasy or from a distance than they are in practicing it day in and day out. A submissive can discover their strict unyielding dominant is quite pliable and easy to manipulate once they are in a real life intimate relationship. The crystal clear decisive behavior on the phone can become lazy indecision after the newness of it all wears off. A submissive who begged for very strict discipline and life of captivity, has now lived the fantasy and is ready to settle back into a routine of cleaning the house only once a week, insisting the dominant can cook their own dinner because they are on the phone with family.

When I consider the success rate of relationships that go from an airport greeting, to a collar and setting up house within days, I am reminded of an old joke.

This couple goes to their local BDSM club for the first time. The male dominant is dressed for the part in leather pants, vest and carries a bag of whips and other toys in one hand. His other holding the leash of his slave as he struts confidently though the club.

The submissive wears a sexy revealing outfit, complimented with a rather new looking collar connected to the leash. She too struts confidently behind her Master as they look for an appropriate play station. It might have been their first time here, but they carried themselves like seasoned veterans of the scene.

Soon they find what they are looking for and within a few more minutes she is firmly secured to a St. Andrews cross and as he loving strokes her hair and steps back to pull a single tail from his toy bag.

The club is filled with sounds of other couples performing their own scenes and socializing as he pulled back the single tail and let the first stroke fly with a loud crack. This was immediately followed by a blood curdling scream that turned every head in the club. The woman's eyes were wide, tears streaming down her cheeks, as she stated through gasping breaths, "It never hurt like that online!"

I think you get the idea. Couples like these could have entered those same relationships with completely different expectations and commitment levels had they taken the time to explore things first, practice them, then let the newness settle into routine, before making a major life changing commitment.

It is not uncommon at all for a submissive to have packed up two suitcases and left everything behind to go to the dominant of their dreams. Only to find themselves homeless, broke, and nothing but the same two suitcases sitting beside them on the sidewalk. Often left with nothing to do but try to figure out where to go, now that the dominant has released them, stating it was just wasn't working out.

This is a scenario that can happen with any type of alternative lifestyle of course, but since High Protocol relationship dynamics typically carry the highest expectations along with them, the potential for disaster is equally high.

Another very important aspect of the dynamic to consider is how it is mixed in with everyday vanilla life. There is absolutely no reason that the dominant and submissive can't maintain their relationship dynamic as well as their individual roles with each other despite the world around them, and while never letting on the true nature of their relationship. It just takes some creativity in how to carry out routines and rituals when in public. A dominant can be called Sir or Ma'am, instead of Master or Mistress. A pet name for either that is only used as a substitute can be used as well to signify to their partner that the respect is offered in a more secretive way. Hand signals or a well understood look can replace a verbal request from the submissive or command from the dominant.

If done correctly the pair will probably only be seen for their outward appearance as a 1950's household or 'old fashioned'. A Daddy/daughter dynamic with a High Protocol component could look like nothing more than a man taking his girl (or even daughter depending on the age difference), for a day at the fair. This is a far better result than that of a controlling, domineering, or sexually abusive older man, taking advantage of a young woman.

Make no mistake about it, the vanilla world around us does not now, nor are they ever likely to understand and sympathize with a High Protocol D/S relationship. To them we are sick and perverted, needing mental counseling to cure us of the wrong and twisted thoughts in our heads. Neither the authorities nor the lawyers who petitioned so hard to give gays and lesbians their equal rights will do anything but tell us we are wrong for thinking the way we do.

The gay and lesbian rights activists made their petitions on the basis that they live their lives just like everyone else, not that they are kinky and want to live their lives differently than the rest of the world. They are just as persecuted for BDSM lifestyles as everyone else is.

With that said, set firmly in your mind that those who practice an alternative dominant/submissive lifestyle are an extreme minority of the population. *"When in Rome, do as the Romans do... or at least appear to in public"*. This holds true unless you are trying to make a statement, in which case you then hold many other people's rights to continue living their alternative lifestyle in your hands. Just a hint for those considering this last option, *"It never goes as well as you think it will, and will always be twisted around to point out how sick you are."*

When the press or law enforcement agencies take an interest in the BDSM community as a whole, they are never doing so to see our side of things. They almost always want a reason or excuse to step in and put a stop to it any way they can. Nothing wins an

upcoming election faster than making the community safe from undesirable elements within it. Nothing gets higher network ratings than a kinky and sexually charged scandal that reaches deep into our own neighborhoods.

There are organizations that struggle to change legislation and defend those of us who wind up trying to defend our right to practice an alternative lifestyle, but they too will advise you not to go to the press, suggesting instead you let them make the public statements. Even with organizations like these trying to help, an ugly public exposure of a BDSM or D/S lifestyle is still likely to be very bad for the people involved.

I've heard of and watched first hand while entire BDSM communities panicked and went underground overnight, merely because a single incident made headlines in their local area.

Why is all this important? If you are going to establish and live a 24/7 D/S or High Protocol dynamic, you are bound to encounter the rest of the world, who doesn't think like you or appreciate your lifestyle choices the way you do. Then there are those who secretly want exactly what you have, but will be the loudest outcry against you in an effort to repress their own desires.

Never compromise your standards for the lifestyle dynamic you practice, because consistency is the key to success. However, never put such a strict rule set in place that it is impossible to practice it in the public eye on some level without raising eyebrows everywhere you go.

You may not get anything but odd looks from neighbors or strangers you encounter in the process, but should the unforeseen happen and you find legal or social services knocking on your door, those same people will be the first to speak out against you in most cases.

In the end, if you can find ways to live your relationship dynamic the way you want to, and be able to blend into mainstream society without raising anything more than suspicion, you can quite possibly live your life the way you choose to without questions, drama, or an arrest record.

Although the exact number is hard to pinpoint most studies show that somewhere between 10% – 15% of the population show some level of interest in one form or another of BDSM or D/S lifestyles in general. That may be nothing more than reading books, browsing BDSM sites on the Internet, or tying up their significant other in the bedroom in most cases. With BDSM filling mainstream entertainment these days, those numbers may be much higher.

Those that actively live alternative lifestyles probably fall more in the 1-2% level. If nine out of ten people say something is wrong, who do you think will win that argument when the legal system gets involved?

That said, just because mainstream society isn't ready to accept alternative lifestyle is no reason why we should just abandon our desires and lifestyle preferences either. You just need to be smart in how you go about practicing your lifestyle choices, and know who you should tell, and who you should not tell.

Although we hear about sex slave and sadomasochist scandals in the press and see it portrayed in the movies on a regular basis these days in a very negative light, a great number of that 1-2% have been living alternative lifestyles right under your noses for years. Most, who practice high protocol dynamics also work, live and socialize within their communities without anyone ever having a clue what the true nature of their relationship is. There is no reason you can't as well, if you use good judgment and common sense.

Living an HP lifestyle Around Family & Friends

Living a high protocol dynamic 24/7 and interacting with the public around us can be a walk in the park next to trying to pull it off unnoticed in front of family and close friends. For those situations, it will take much more than subtle rules and sleight of hand to fool anyone. Trying to fool children within your own home is the hardest of all.

When faced with being exposed to those close to you on a regular basis, or even a once in a while basis, it is best to make a very clearly understood alternative protocol structure to be used during those times. It is also a very good idea to have a plausible explanation if the truth is more than they might be willing to accept easily. For instance, the 1950's lifestyle, or old fashioned relationship dynamic are both very good justifications for what might otherwise be seen as unusual behavior.

It has been my experience that the first sign others will notice is how well the dominant and submissive compliment or interact with each other. They are far more likely to think you odd for not keeping secrets from each other, or genuinely looking after your partner's interest over your own, as a trait of abuse for some odd reason. Those closest to you are likely to be very confused about why you both seem so happy, when the rules of society suggest you are not at all like other couples, and therefore should not be happy. Many love this mystery and just laugh off inquiries as just having a different way of living the relationship. Reinforcing how well it works for 'them', despite what others think.

A confidently delivered and well thought out explanation is often enough to dispel curiosities about your lifestyle choices, on the surface at least.

Children on the other hand are quite different. Children are not fooled easily, but unlike adults have a much simpler agenda. They only care about parents being happy and good for each other. This in itself makes for a happy home, which in today's world is a more and more of a rarity.

If questioned about a high protocol D/s home, most children would simply say, "They are just kind of old fashioned, or weird that way." They will say it with acceptance and will in time become curious about what isn't said around them, versus what is. The reason is not to understand the strangeness about it, but rather to understand how you remain so happy and the relationship works so well, unlike many of their friend's parents.

Even the best of submissives will occasionally slip up and call their partner Master or Mistress, simply because the mind will come to see the dominant as the title they are called by, not the given name they were born with.

Many submissives will tell you that it is very hard to use their dominant's given name, if

not uncomfortable. This too will often just be overlooked and thought nothing of by children until they reach an age where they can begin to understand what it is.

Often, the proof is in the life you live. If you have a good home with happy children and a good relationship, the children will see nothing bad in how you live, just different. Many grow to ask more questions because they want to have the good things they see in your relationship, in their own one day.

A good rule of thumb is being honest, but don't explain what is not questioned. No kid wants to know the intimate details of their parent's lives. They want to know the answers to the questions they ask, nothing more.

Knowing that one parent seems subservient to the other and wondering why is far different than wanting to know all the deep dark secrets of a dominant/submissive lifestyle, let alone your bedroom practices. Nor does a child's curiosity mean in any way shape or form that they want to follow in your footsteps.

This is a common problem I've seen with D/S families. Pride as a parent, and pride in their alternative lifestyle, leads the parents into wanting to 'guide' or 'help' their children to be raised into a similar lifestyle.

This isn't so different than many of their vanilla counterparts who want their children to grow up to be doctors, lawyers, or Catholic, just like them. The difference is in the mature and adult nature of a D/S or High Protocol lifestyle choice. This combined with the level of trust and commitment made in such relationship dynamics can create a dangerous combination in a maturing child who has been taught to think like you, but is about to enter the vanilla world where such values can quickly lead to being hurt both emotionally and physically by a truly abusive personality.

Then there is the ethical dilemma of the submissive who finds it so cute that their child has similar submissive tendencies as they do and begins to imagine them growing up and finding their own dominant one day. Although this could wind up being very true, cultivating your child's knowledge and experience in and around your own D/S relationship is reckless when the child does not have the emotional maturity to be making such decisions on their own.

Most of us had the benefit of being mentally mature enough to make the decision to pursue an alternative lifestyle before being faced with that decision. We also had the adult understanding of the complex psychology underlying a power exchange dynamic. Allow children that same luxury and let them be children.

The legal ramifications rival the moral ones when it comes to how children are raised and there are not many communities that will feel raising a child to practice dominant or submissive lifestyles before the age of consent is acceptable. Remember, it might be very similar to the 'original' old fashion relationship dynamic, but it still carries the stigma of BDSM along with it in society's eyes.

Where does that leave us? Right back at, answering the questions asked, not pushing your lifestyle choices on your children, or teaching them anything about it beyond a direct answer to their question. Their questions will likely never broach beyond the world as they understand it, nor should your answers.

Many dominants don't really come to terms with their dominant natures and desire for a D/S lifestyle till they have reached some real mental maturity. For men this can be as late as their mid-thirties. Although there are many younger dominants, most BDSM communities concede that the best dominant men are in their thirties or older. For women it's a bit younger, but then it's common knowledge that women mature mentally quicker than men.

These are the realities in life, but this is probably a good place to put the lid right back on that can of worms.

For submissives, the age of exploration and desire to understand those feelings tends to be much younger. Most people however, men and women alike, are still finding themselves clear into their mid-twenties on a very fundamental level, not even factoring in alternative lifestyle.

If you consider these facts, it seems much more logical to think that even though you may be able to practice your own alternative lifestyle in the midst of family and friends, it is not a good idea to rush anyone else into your way of thinking before they are mentally mature enough to find those same desires, and interests, on their own.

Most urban communities have a dominant/ submissive sub-culture within their midst. It is very common and encouraged to seek out that sub-culture and find your peer group within it.

We all crave to be around others like ourselves and finding those others who already see the world as you do, is a much better solution than trying to indoctrinate existing friends, family, or children, into something that might not be right for them.

Our communities are made up of very diverse groups and there is no reason to think of your own lifestyle choices as wrong or right, just your own. If you keep things in perspective, living your High Protocol dominant/submissive lifestyle among your family and friends will not only be possible, but seem normal to you, and them.

Incorporating Sadomasochism into High Protocol

This is a topic that is brought into this book purely because of the perceived link between sadomasochism and High Protocol dynamics.

Many who enter the world of D/S, M/S or High Protocol dynamics just assume that where those are, so comes the world of Bondage, Discipline, and Sadomasochism. This is not necessarily true. It is in actuality, very common that the lines are crossed between these two alternative lifestyles. In fact, any D/S, M/S or high protocol dynamic will be difficult to maintain without some degree of discipline involved. If done well, it's pretty much a requirement.

However, Bondage, and Sadomasochistic practices are very different than actual relationship dynamics, and are commonly practiced to enhance the relationship, not as a required component.

It would also be a lie to say that most who enter into this alternative lifestyle do not have a kinky side to their nature, thus crave the excitement that BDSM brings to the table. It would also be a lie to say that a significant percentage of the population doesn't harbor at least some secret desires related to bondage or sadomasochism. This hidden percentage of the population, in most cases, may have no interest at all in D/S, M/S, or High Protocol relationships.

It has been my experience that there are always some couples within every local alternative lifestyle community that have a singular interest in D/S, M/S, High Protocol, or a combination thereof, with no interest in the rest that the typical BDSM dungeon has to offer. These individuals often find themselves in these public locations for the social aspect alone, choosing to keep the rest of their relationship interests out of the public eye.

Sadly, some may even feel they have to hide their lack of interest in the kinkier side of BDSM to find acceptance in the community.

I have seen many come into the local alternative lifestyle scene and feel obligated to dive in to all it has to offer instead of sticking to their actual desires, facing the criticism they fear will come, and forgo the dungeon scene. This often leads to a loss of what they originally came to the scene for.

It is not uncommon at all to see a submissive who only ever wanted a monogamous D/S relationship, to never find that relationship, instead becoming a popular submissive who has played with many of the dominants in the local scene on a purely sadomasochistic level. This same submissive then cannot seem to figure out why the serious dominants who want real commitment never take any interest in them.

It's not hard to figure out that merely standing firm and being patient may have caught the interest of many of those dominants, but the world of BDSM is a seductive one and it is not as easy as one might think to just say no.

Meanwhile, the dominants who are what that submissive was looking for originally, remain single and uncompromising because patience is one of the hallmarks of a good dominant. Of course this does not stop some of them from also getting seduced into the world of BDSM and likewise forgetting what they really wanted from it all.

The end result for those individuals is a revolving door of short term relationships that never seem to work out right because one or both parties are trying to force other components into their relationship prematurely.

If these same people can manage to keep the proverbial horse in front of the cart, they may one day be quite eager, and ready, to add all these kinky components into a very successful relationship. The social peer pressure is often too much, and like a kid in the candy store, neither seems able to resist.

There are plenty of people living D/S, M/S, and High Protocol lifestyles, which are happily immersed into the BDSM community. There are also an abundance of books that discuss the world of BDSM and its social interactions. That said, BDSM is not the subject of this book, and will not be discussed in much depth beyond how it affects high protocol relationships.

For those who find they have no real desire to give or receive pain from their partner, there is still a whole world of mental sadomasochism that is found quite intriguing. Many dominant's may have no skill with a whip, but absolutely love to torture their submissive mentally.

Whether or not there is that physical interest in S/M, it is very common for a dominant to consider themselves a mental sadist and submissives mental masochists, especially in High Protocol D/S or M/S dynamics.

This is ultimately how many find their way into physical sadomasochism, but the underlying mental aspect still driving their interest. As Discipline is a core component in most high protocol dynamics, bondage easily finds its way into the mix to one degree or another. In this regard it's kind of like drugs or alcohol. It is very easy to step up to the next endorphin rush, beyond the one you are currently on, when they are so closely related. This is a good combination for many couples, both finding specific components of each that they mutually desire within their relationships.

For others, again much like with drugs, the rush and endorphin high becomes too seductive and addicting. The pursuit of the high overshadows the pursuit of the relationship, and they fall into the space where tops and bottoms rule the dungeon

scene, and where serious dominants and submissives avoid choosing partners from.

If you were the one looking for your lifestyle partner, would you want to have a dominant that plays with all the submissives, or a submissive who's been with many of your dominant friends before you?

Then there is the last category where it is only through the practice of discipline and punishment that one or both parties in the relationship dynamic 'accidentally' stumble upon feelings they never knew they had. A dominant may be terrified of hurting the submissive one day, insisting on no punishment worse than an over the knee spanking and the next find themselves eyeing over crops and canes, all the while their mind trying to reconcile where their fantasies are taking them.

The world of Sadomasochism may compliment the world of D/S, M/S, and High Protocol well, but do not let the popular choices or peer pressure dictate what choices you make within your own relationship dynamics. Pain and bondage do not have to be included in any way, unless they are a component you really want to bring into the mix.

In many cases, the simple exclusion of such can be the difference in a happy healthy relationship and a troubled one where one or both parties can wind up mentally and/or physically hurt before it's over.

It is not uncommon for High Protocol groups to have no provisions for, or inclusions of BDSM activities within their group. The group's core activities are instead structured around social gatherings, and formal dinners. In these situations, the goal is to flaunt how perfectly well trained a submissive is, not be embarrassed by a submissive's behavior, or instigate punishment cumulating in sadomasochistic activities.

I've also seen some over the years who gave up their religious and personal beliefs simply because they believed that they couldn't have a D/S, M/S, or High Protocol relationships without also accepting things like bondage, sadomasochism, polyamory, or even more extreme things like bestiality. Naturally, there can be some serious conflicts of religious beliefs when you exceed relationship dynamics in favor of kink.

As silly as making such a traumatic choice like that may seem to the clear and rational mind, the desire for a relationship that defines feelings you've held all your life and only just now are discovering an label for, can be very extreme. With the intoxicating world of BDSM all around you for the first time it is easy to lose your way.

That said there is one more very important factor to consider when or if you are considering mixing the other components of BDSM into your own D/S, M/S, or High Protocol relationship. We are all growing and maturing on a daily basis, no

matter if we have just discovered this new lifestyle or been practicing it for years. It is natural as we grow and mature to discover new things about yourself and along with that, new interests related to your lifestyle choices.

This applies to both the dominant and the submissive, and an open mind to that growth is very important to the longevity and happiness of your power exchange relationships.

Just because something was not part of the original agreement in how you agreed your dynamic would work, it doesn't mean it can't later be incorporated. Nor that you or your partner shouldn't be open to each other's growing needs and desires.

Use patience and understanding, be objective in your thinking, and make the best choice for yourself and your partner if you are the dominant half of the relationship. There are always going to be things that will enhance your relationships, or ability to find that relationship, as well as things that will hurt them.

Which ones are which, will always wind up being dependent on what you truly need on a personal level, and the dynamic that evolves from the person you choose to be with in the end.

The High Protocol Dining Event

We've talked about finding your place in a high protocol relationship, how to create that perfect dynamic for you, defining its boundaries, and how we interact with the world once we have. Although there are many creative ways to take your high protocol relationship and practice it in a public for all to see we are going to talk about one specifically.

The most common way high protocol practitioners interact with one another outside of their private homes, or at their local BDSM club, and the last thing we will discuss is the high protocol dinner party.

Most don't get an opportunity to really show off their stuff, (so to speak), as high protocol dominants and submissives very often. So when that ever elusive private invitation finally comes for a formal dinner party they jump at the chance. After all, it usually winds up being an evening to remember for most.

To put these events into perspective think back on the movies where high class social elites have a dinner engagement with their equally social elite friends. There are maids, butlers, extravagant meals served on the finest china, with perfect dining etiquette. The servers not even daring to so much as spill a glass of water, let alone serve from the wrong side!

High Protocol dinner parties are often somewhere between this scene and a friendly get together. The key elements to a perfect high protocol dinner being a special dining event that allows everyone to socialize, and to show off their own unique style high protocol relationship dynamic to their friends and acquaintances. These events can last anywhere from three to six hours depending on the evenings agenda.

The evening typically will have a no later than time to show up by, starting with drinks and appetizers during a 'social hour'. During this time any final last minute adjustments to the dinner or special dietary requests are confirmed by the kitchen staff as they make final preparations for the meal.

The guests mingle and converse between each other and the excitement of the evening builds. This has often been compared to the strutting of peacocks in jest, with their feathers spread in their best bloom. After all, every dominant wants to win the respect and admiration of the other guests as he or she skillfully demonstrates their highest level of protocol between them and their submissives.

This is almost always a formal attire affair with black tie or your best leather being the dress code of the evening. For submissives the dress code can range from naked and leashed to formal evening gowns, (or suits), as their dominants and the host

home desires. Imagination and uniqueness are encouraged for the hosting home to make the night special in some way.

It is typical that all submissives are in the highest level of protocol throughout the night and are usually not permitted to even so much as speak without expressed permission by their dominant.

Likewise each dominant usually dictates to the host whether their submissive will be eating from a seated place at the table, on the floor behind or beside their dominant, or kneeling at their dominant's side being fed by the dominant from his or her plate.

Dominants of course use this evening to show off and feel like the master of their world for all to see in their finest glory. The social hour usually followed by socializing at the dinner table through the meal with their prized pet in attendance, in the manner they most desire from their submissives.

The dinner is typically followed by more socialization with often some sort of entertainment planned for the evening as well. I've seen this be anything from some sort of BDSM demonstration by one of the dominant guests and their submissive, to a belly dancer troop giving their best performance.

The evening usually winds up with more socialization after all have finished dinner, or even a play party in the host's private dungeon, for example.

There are a thousand variations of this scenario that can and have been played out in a thousand different high protocol dinners, but the overall goal remains the same. Formal attire, formal dining with high protocol rules in effect, and some sort of activity to wind up the evening.

This is a night of roll play for everyone, except the rolls we play are the ones we truly live and have to hide from the world most of the time. For high protocol practitioners, it's a night to be free and be their best.

It all sounds great and fun and perhaps even simple to some, but there is a lot of work that goes into making sure one of these dinner parties goes off without a hitch.

First, you have the hosting home, (or house). This can be a private home or a group affiliation that hosts their parties in a dungeon club, or other facility that can handle more people than most private homes can. The parties can range in size from a few couples to one hundred or more guests. The host home, or house, having the responsibility to organize and 'run' the event.

The dominant that best represents the host 'house' is considered the 'House Master or Mistress' of the evening, and is considered the Alpha Dominant who carries the last word in all things for the duration of the event. This usually does not require much more than being a good host, and quickly resolving any disputes that may arise, so

the evening goes smoothly.

There is also typically a submissive that is delegated as the 'First Slave' of the evening. The first slave organizes the event from behind the scenes and manages the kitchen and service side of the evening. This person will also quietly deal with any issues among submissives that may arise and threaten to disrupt the evening, or answer simple questions for attending submissives trying to best serve their dominants throughout the evening.

Since many dominants prefer their submissive at their side in service to them directly during the event, it is also common to recruit single submissives to act as 'House Slaves' for the evening, aiding in the preparation and service of the meal as well as attend to any of the dominant's needs that those dominant's personal submissives are not already tending to.

For instance, a house slave may spend the evening bringing drinks and appetizers to the guests as well as serve the meal itself.

Other House Slaves may spend the entire evening in the kitchen preparing and cleaning up after the meal, while even others may be delegated to 'attend' to a single dominant guest that evening so the dominant is served as well as the other dominants. In short, they are and not have to 'fend' for themselves.

In all cases, the house slaves are there to make the evening happen seamlessly and create the illusion of perfection for the guests in attendance.

The house slave might seem like a dirty job and no fun at all, but there are many single submissives in high protocol communities that will jump at the chance to be part of one of these dining events, in a safe and productive role.

There are typically no other significant roles needed to make the evening perfect unless you've engaged entertainers of some sort, or need dungeon monitors for a play party to follow.

We won't go into too much more detail than this since it really doesn't matter what you serve to the guests, how exactly you serve it, or what other activities you plan for the guests. It is the means in which you present the evening's activities. Formality being the key component regardless if you are serving roasted duck or hot dogs.

Dominants come to these events to demonstrate their prowess as a high protocol dominant and observe how other dominants practice their own unique style of high protocol in their lives.

Submissives come to be able to make their dominants proud of their service, providing a demonstration of excellence for all their dominant's friends to see.

All come to enjoy the thing they structure their relationship dynamic around,

with like-minded friends and acquaintances. If you keep those factors in mind and use some creative thinking, you can't really go wrong.

There may be many types of high protocol events and activities that can be put on by individuals and groups, but by far the high protocol dining event remains the most popular way to express the formal and ritualistic nature of a high protocol relationship dynamics in a public venue.

Whether you only practice high protocol in the privacy of your home, in every part of your day to day life, or only on those special occasions when you get invited to a formal dinner party, the allure of high protocol remains, and its growing more every day.

Last Thoughts...

For many of you this book will give only hints and suggestions on how to refine your high protocol dynamics. For others this can become a handbook on how to get started or enable you to blend in more comfortably with your already established high protocol communities.

Regardless of what you are able to glean from this book remember that all the information provided here is designed to help you safely and comfortably find your place within a high protocol lifestyle dynamic.

It is meant to be used responsibly by those practicing the tools and techniques presented here in an effort to enable knowledgeable progression and informed consent into what otherwise could be a very emotionally damaging, or even abusive process.

Please mutually share this knowledge freely with all parties engaged in these activities together. *This is not a 'how to brainwash your unwitting lover' book.* The more each party knows about the overall process the better off everyone will be.

Mutual understanding 'helps' build the trust process and makes it safer for everyone involved. Using informed consent as you fill the roles involved in this relationship dynamic creates confidence and security within each person's role, which builds trust and a happy relationship.

I cannot say enough times that a High Protocol relationship can be the most rewarding relationship dynamic for those desiring it, but it is also the most intense, and can be the most emotionally dangerous relationship dynamic, if entered into recklessly.

Regardless if you are engaging in a few hours of role play in your best leather or a twenty four seven relationship dynamic, three hundred and sixty five days a year, be honest, be informed, be safe, and be responsible for yourself, and your partner.

It is my deepest desire that you are able to take from this book what you need to find your unique place within a High Protocol lifestyle. This information has often in the past been presented as unattainable knowledge, exclusive, or a secret society in many communities far too long.

I hope it brings you a new sense of fulfillment within your lives and relationships.

About the Author

David English, also known as 'Master Bear', or just 'Bear' in the Colorado BDSM community, has been a practicing High Protocol Master/slave lifestyle dynamics since early 2000. His personal practices and rituals within his lifestyle dynamics have evolved over the years, and although he does not practice every ritual or doctrine offered in this book, many of his personal practices have been included as well.

Over the years he has practiced and studied High Protocol lifestyles from many different viewpoints, combining them with many other aspects of the overall BDSM lifestyle, to come up with these best examples of how many define High Protocol in their lives.

Bear has remained an active part of his local BDSM and High Protocol communities where he has always strived to share his knowledge and experience with the community where ever needed.

Among his accomplishments in the Colorado area are founding a High Protocol Educational group, facilitating local BDSM vending events, teaching leather crafting classes, and he has owned two Custom BDSM Leatherworking Companies since late 2001.

Currently in addition to writing and continuing to make custom leather BDSM gear, Bear is the founder and director of the MAsT: Fort Collins Chapter, (Masters And slaves Together), a founding member of MAsT: Denver-Metro, a founding member and part of the executive committee for the National Leather Association-Colorado, and was a founding member of a Denver based dominant support group.